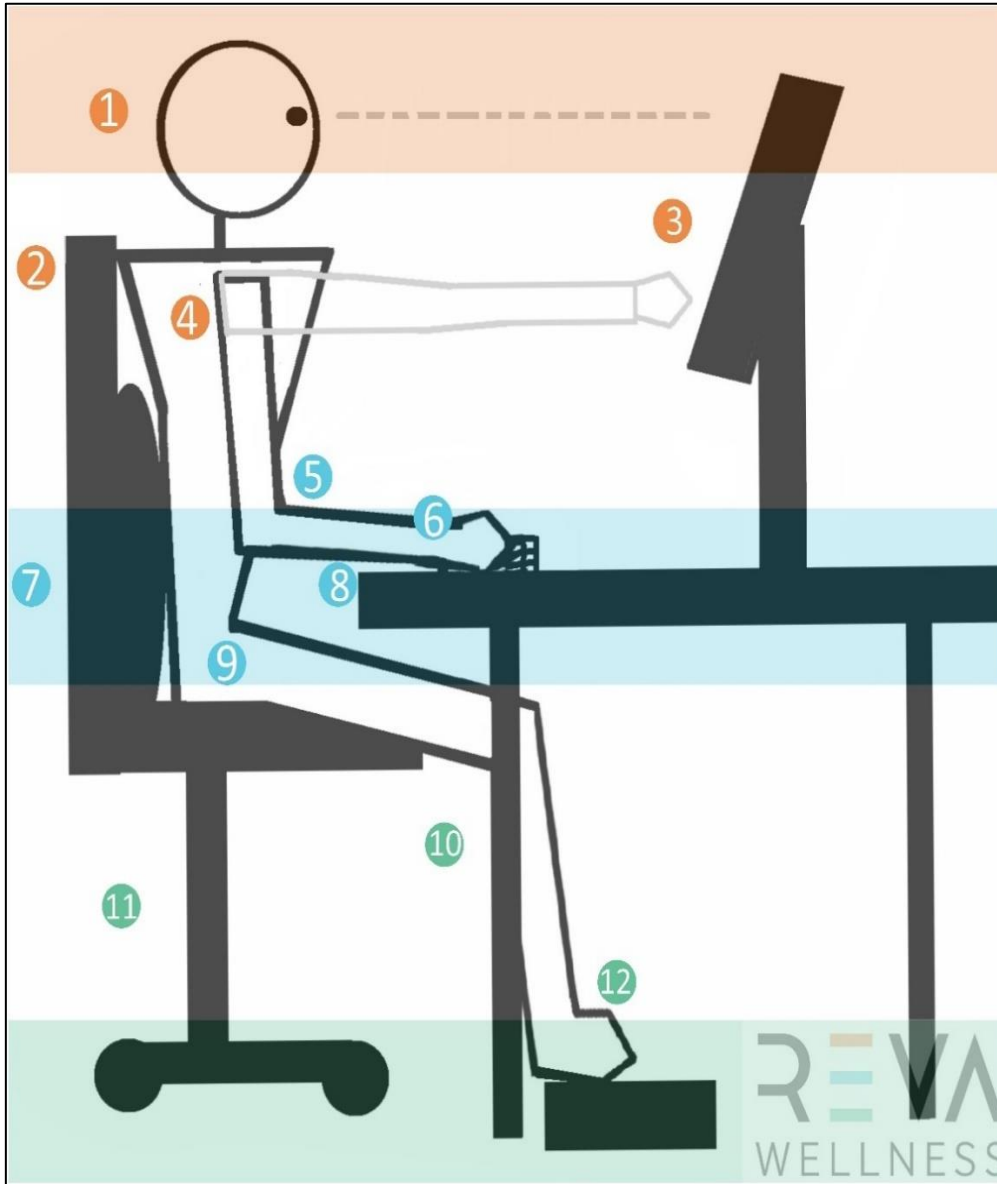


Permission to Sit at Your Desk: Your Personal Checklist



●	Description	✓/✗
1.	Head over shoulders and looking straight with the top of the monitor at eye level	
2.	Upper back supported by chair	
3.	Monitor at least one arm's length away	
4.	Shoulders relaxed, but not forced down	
5.	Elbows 90° degrees with forearms horizontal	
6.	Wrist neutral in line with forearm. The keyboard should be accessible without reaching arms	
7.	Lower back supported	
8.	Desk height approximately elbow height when seated	
9.	Knees in line with hips or slightly below, creating 90°-110° at the hip	
10.	Knees bent no less than 90°-130° degrees	
11.	Seat height approximately knee height when standing	
12.	Feet supported, either on the ground or on an elevated foot rest	
13.	Taking a movement break every 30-60 minutes	