

Office ergonomics: Simple solutions for comfort and safety

Neutral Posture

Watch the video and learn more at saif.com/ergo



Head balanced
over shoulders,
looking forward



Top third
at eye level



Wrists straight



Lower back
supported

Forearms
parallel to floor
or angled
slightly down

Thighs parallel
to floor
or angled
slightly down

Feet supported
on floor
or footrest



Headset for
extended calls
and typing