10 Tips for a Perfect Fit Worksheet

1. Is head positioned so ears are over the shoulders?  
   - Yes

2. Is monitor 18-24 inches from eyes?  
   - Yes

3. Is monitor in direct line of sight and at correct height?  
   - Yes

4. Are shoulders relaxed?  
   - Yes

5. Are upper arms in line with the torso?  
   - Yes

6. Are elbows 90 degrees and close to the torso?  
   - Yes

7. Are wrists in neutral posture?  
   - Yes

8. Is mouse on same plane as keyboard?  
   - Yes

9. Does chair provide good lumbar support?  
   - Yes

10. Are feet flat on the floor or on footrest?  
    - Yes

Percent Complete 0%