

Name	
Date	
Evaluator	

## 10 Tips for a Perfect Fit Worksheet

Percent Complete **0%**

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



1=YES

2. Is monitor 18-24 inches from eyes?



1=YES

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



1=YES

4. Are shoulders relaxed?



1=YES

5. Are upper arms in line with the torso?



1=YES

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



1=YES

7. Are wrists in neutral posture?



1=YES

8. Is mouse on same plane as keyboard?



1=YES

9. Does chair provide good lumbar support?



1=YES

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



1=YES

Percent Complete **0%**