



Semi-Reclined Position

- 1 Wrists** • Straight
- 2 Arms** • Forearms and/or elbows should be positioned comfortably along the chairs armrest to avoid constant lifting of the shoulders or leaning to the side
- 3 Thighs** • Knees slightly lower than the hips
- 4 Feet** • Flat on floor or on footrest
- 5 Head** • Eye Level with the top line of the monitor
- 6 Shoulders & Hips** • In line with each other
- 7 Back** • Small of back should coincide with the lumbar curve of the chair
- 8 Seat** • Seat pan angle greater than 90°