1. Use a good chair with a dynamic chair back and sit back.

2. Top of monitor casing 2-3" (5-8 cm) above eye level

3. No glare on screen, use an optical glass anti-glare filter where needed

4. Sit at arms length from the monitor

5. Feet on floor or stable footrest

6. Use a document holder, preferably in-line with the computer screen

7. Wrists flat and straight in relation to forearms to use keyboard/mouse/input device

8. Arms and elbows relaxed close to body

9. Center monitor and keyboard in front of you

10. Use a negative tilt keyboard tray with an upper mouse platform or downward tilt-able platform adjacent to keyboard

11. Use a stable work surface and stable (no bounce) keyboard tray

12. Take frequent short breaks (microbreaks)