

## Ergonomics & Safety



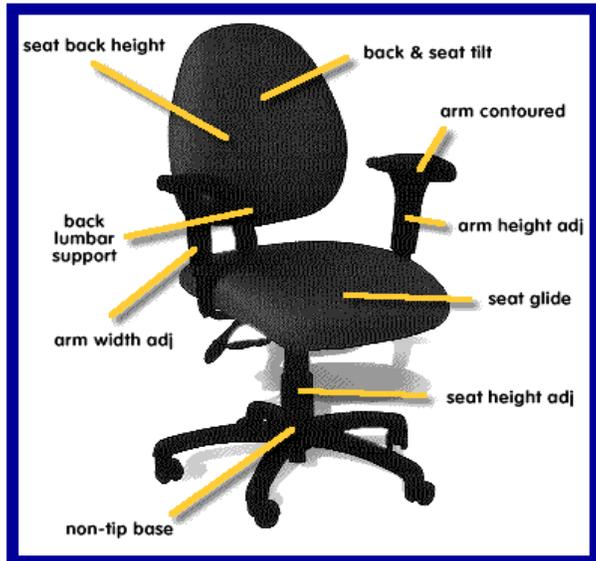
# MONTHLY SAFETY BRIEF

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## Have you already adjusted your chair?

**Seat height adjustment:** adjust the height so that your feet are flat on the floor. Your knees should be level with the hips. Use a footrest if your knees are lower than your hips when seated.



**Arm height adjustment:** adjust arm height to make your upper and lower arms at right angles. Your shoulders should be relaxed. Your upper arms are close to your body. The angle between your upper arm and forearm should be in the range of 75 to 135 degrees. Your wrists are bent no more than 5 degrees right or left and no more than 10 degrees up and down. If your chair does not have an armrest, get a padded wrist rest to reduce arm and shoulder discomfort.

**Seat back height adjustment:** adjust seat back height to support your lower back. Support your lower back with a lumbar support if your chair is too deep. You can create a lumbar support by shaping a towel or pillow to conform to your lumbar curve or you can purchase a lumbar support at the NEX DEPOT (DSN 264-3708) or through the Lab Safety ([www.labsafety.com](http://www.labsafety.com)) on line catalogs. The lumbar support should be at least 12" (30.5 cm) wide.

