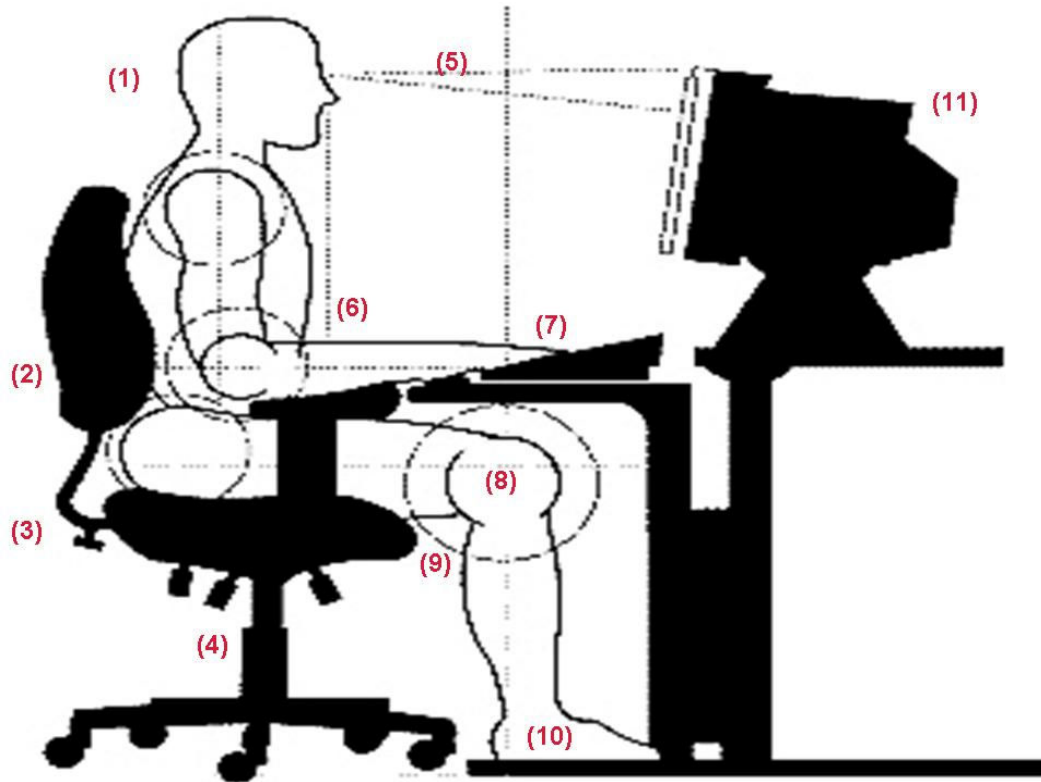


PHYSIO4ALL

revitalise – bounce – be healthy



1. Upper body free to move.
2. Adjustable backrest up, down, forward & back.(adequate lumbar support)
3. Seat height, seat tilt and backrest adjust whilst seated
4. Adjustable height of seat allows proper angle for legs
5. Viewing distance: 350 – 750 mm.(normally one arms length away)
6. Elbows & forearms level with work height or between 90 – 100 degrees
7. Height of keyboard should allow for proper forearm angle of 90 – 100 degrees from upper arm.
8. Adequate knee & leg space with min depth 700mm, min width 800mm. Desk height 640 – 700 mm, adequate thigh space.
9. Backs of knees & thighs free from edge of seat. Inside angle $\geq 90^\circ$.
10. Feet flat to floor. Footrest to be used where seat height is greater than lower leg length
11. Top of display adjustable to seated eye level
12. Regular posture/pause breaks are recommended (every 30-40 min for 1-3 min)
13. Numbers 1 – 12 apply to Laptop use.

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