The Neutral Position

The following diagram illustrates the “Neutral” position. This is a comfortable working posture in which the joints are naturally aligned. Working in the neutral position reduces stress and strain on the muscles, tendons, and skeletal system and reduces your risk of developing a musculoskeletal disorder (MSD).

- Eyes should be aligned with the top of the monitor.
- The monitor should be positioned approximately one arm's length away from the eyes.
- Wrist should be straight, not bent.
- Avoid resting your wrists on hard surfaces. This puts pressure on the nerves and tendons and can lead to pain, stiff joints and chronic illnesses.
- For some people, a standard desk may be too high. In these cases a keyboard tray can be used.
- Maintain a 2 to 4 inch gap between the back of the knees and the seat pan.
- Elbows should be close to the body and bent at 90° or slightly greater than 90°.
- Shoulder should be relaxed and hang freely.
- The chair should be at a height that allows you to place your feet flat on the floor with your thighs perpendicular to your lower legs.
- The lower back should be supported by the chair’s lumbar support. On an ergonomic chair, the lumbar support is located towards the bottom of the backrest at the point where the backrest curves out.
- The backrest tilt should be at 90° - 110°.
- For some people, a footrest may be needed, if the chair cannot be lowered further or if their desk height requires them to sit higher.