Troubleshooting Shoulder and Elbow Discomfort

Standard Operating Procedure

Date: 06/12/17
Revision #: 02

Are your elbows bent so they are at the same height as your wrists?

**Correct Posture**
- Hands are getting good blood supply.

**Incorrect Posture**
- To correct, raise chair height or lower keyboard and mouse.

Are your upper arms resting comfortably by your sides and NOT reaching forward?

**Correct Posture**
- Back and shoulder blades are relaxed.

**Incorrect Posture**
- To correct, move keyboard and mouse closer.

Are your arms able to rest on chair armrests during pauses in your work?

**Correct Posture**
- The weight of your arms is supported by the chair and **not** by your neck muscles.

**Incorrect Posture**
- To correct, adjust armrests to support arm weight.