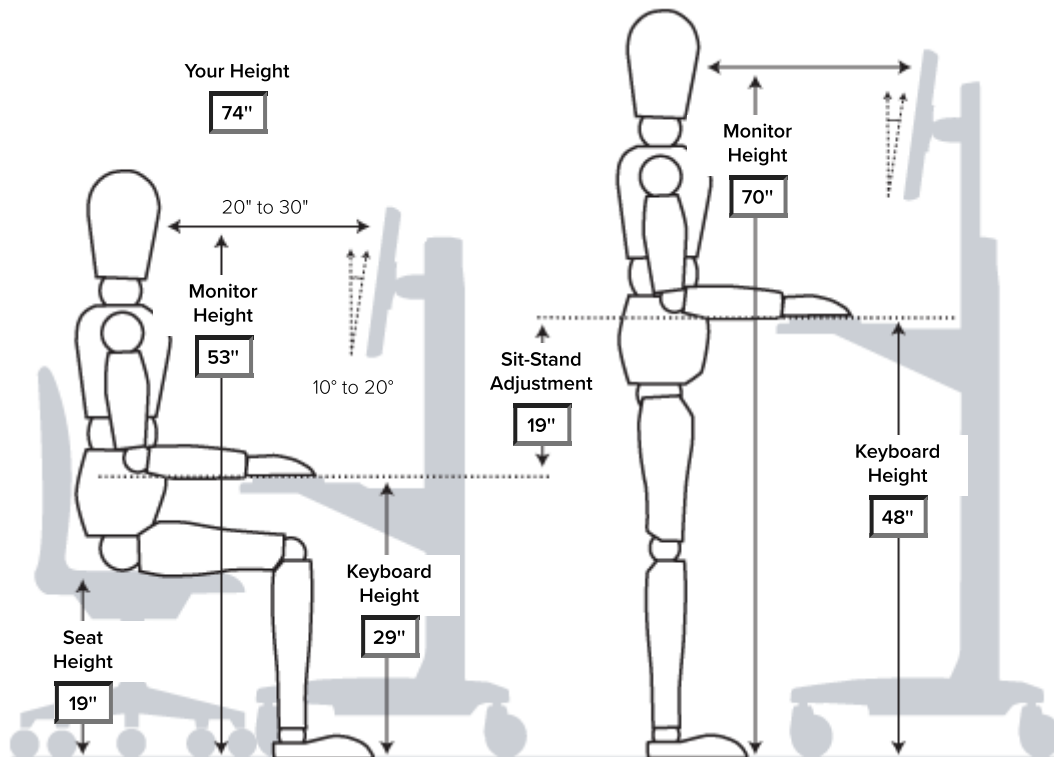


- Measure your monitor's height from floor to top of screen, which should be at eye level
- Using bifocals? Lower screen 6", tilt upward 30° to 40° and pull within 16" of eyes
- Measurements are baseline positions. As posture changes, reposition equipment

1) Click your height

5'0" 5'1" 5'2" 5'3" 5'4" 5'5" 5'6" 5'7" 5'8" 5'9" 5'10" 5'11" 6'0" 6'1" **6'2"** 6'3" 6'4"

2) Note values displayed below



3) Install and adjust workstation components to within an inch of values