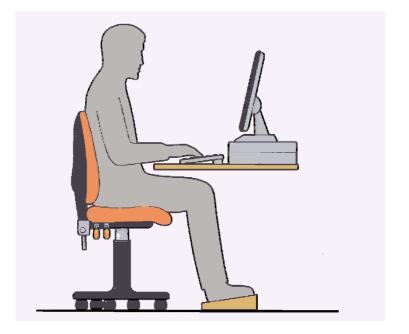
Appendix 2



SEATING AND POSTURE FOR TYPICAL OFFICE TASKS

- 1. Seat back independently adjustable for height and for tilt.
- 2. Good lumbar support.
- 3. Seat height adjustability.
- 4. No excess pressure on underside of thighs and backs of knees.
- 5. Foot support if needed.
- 6. Space for postural change, no obstacles under desk.
- 7. Forearms approximately horizontal.
- 8. Minimal extension, flexion or deviation of wrists.
- 9. Screen height and angle should allow comfortable head position.
- 10. Space in front of keyboard to support hands/wrists during pauses in keying.