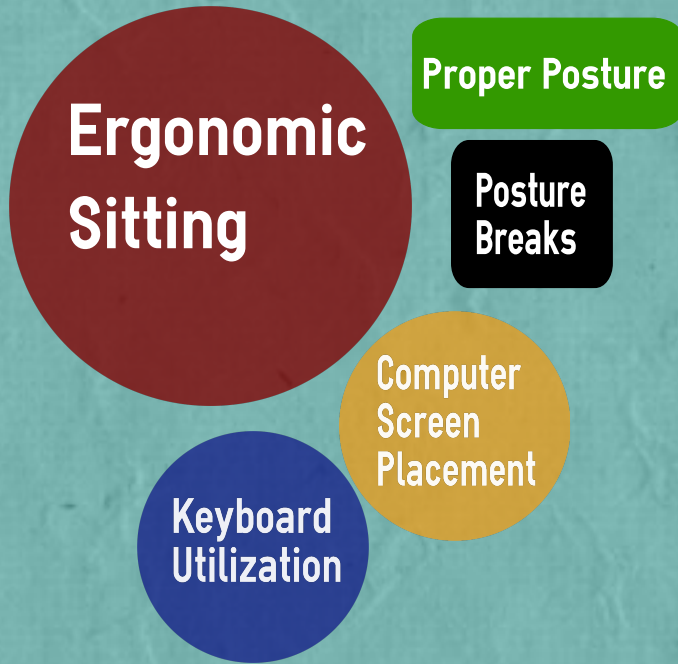


# API Ergonomic Guide

Infographic

## Posture by Design, Not by Circumstance

### Design Your Workspace



### Ergonomic Desk Set Up Productive and Healthy Workspace

#### Ergonomic Sitting

- Eyes straight ahead
- Avoid looking down or up for prolonged periods of time
- Keep spine straight
- Avoid crossing your legs while seated
- Shoulders and hips are in alignment
- Knees are aligned over the ankles
- Both feet should touch the floor (if not utilize a foot rest)

#### Computer Screen Placement

- Computer screen is high enough allowing you to look straight ahead
- Place an object (such as a book) under the screen or laptop to raise the screen if necessary

#### Keyboard Utilization

- Keyboard placed at elbow height
- Utilize a keyboard cushion to support your wrists
- Keep wrists in a neutral position (avoid prolonged flexion)
- Keep wrist in neutral position while utilizing the mouse
- Utilize a mouse cushion to avoid excessive wrist flexion

### Proper Ergonomic Example



#### Proper Posture

From the side: (lateral view)

- The ear and shoulder are in alignment
- Shoulders are pulled back and not rounded forward
- The shoulders are aligned over the hips
- The hips are aligned over the knee and ankle

From the front (anterior view)

- Eyes are parallel to the horizon (looking straight ahead)
- Shoulder are level
- Hips are level
- Knees are pointing forward
- Toes are pointing forward

#### Posture Breaks

- Take a posture break every 30 minutes for just 20 seconds
- Open your arms and chest and lean back in your chair with your back straight
- Allow head to go back too

**Expert Tip:**  
Save your neck by utilizing a portable headset for telephone usage