

# CHECKLIST – COMPUTER SETUP



**movement24**  
Betriebliches Gesundheitsmanagement



- Sight distance (at least one arm length).
- Inclination (10-25° backwards)
- Hight (slightly sloping angle of view)
- Font size/resolution (good readability)
- Position of the keyboard (5-10 cm before the table edge)
- Position of the mouse (close to the body/ keyboard)