

# Seated Workstation Setup Guideline

WHS-PRO-GUI-007b

*Electronic copies of this checklist*

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*Electronic copies of this checklist are current. All other copies are uncontrolled and currency can only be assured at the time of printing*

## Step 4: Keyboard

The keyboard should be positioned relatively flat (kickstands down), and placed on the desk in a location that allows elbows to be supported at approximately shoulder height.

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