

# KEYBOARDING POSTURE CHECKLIST

- ✓ **Sit up straight with lower back against the chair**
- ✓ **Feet flat on floor, one foot placed slightly ahead of the other**
- ✓ **Middle of torso centered in front of the J-key**
- ✓ **Upper arms hang loosely from relaxed shoulders**
- ✓ **Wrists relaxed and in line with the forearms and parallel to the keyboard**
- ✓ **Fingers relaxed and curved over home row keys**



