

It's a fact...

Your computer workstation may need a footrest.

You need a footrest if your feet do not rest flat on the floor after your chair has been properly adjusted.

Your footrest should be:

- ◆ Adjustable in height and inclination.
- ◆ Designed so it does not restrict leg movement.
- ◆ Easy to remove.
- ◆ As wide as your hips.
- ◆ Large enough to support the soles of both of your feet.
- ◆ Covered with a nonskid material to reduce slippage.



Several footrest models can move while your feet are resting. The slope responds to the movement of your ankle and alters slightly in height as your foot moves. This allows some leg and foot movement that may help counteract the effects of sitting.

As a quick *temporary* fix for a footrest, use old phone books or binders.

Working in a seated position can cause your lower legs to swell. How much swelling depends on both your activity and personal health.

- ◆ Too much pressure on the back of the thighs or knees can affect your nerves and blood circulation.
- ◆ The weight of your legs will tend to tilt your pelvis, arching the small of the back.



This fact sheet is a product of the DoD Ergonomics Working Group and was adapted from their June 2000 publication, *Creating the Ideal Computer Workstation: A Step-by-Step Guide*.

Written for both supervisors and workers, the fact sheet provides basic information on ergonomics. For more information, visit the working group's Web site at <http://chppm-www.apgea.army.mil/ergowg/product.htm>.

Footrest Evaluation Checklist

If you answer **NO** to any of the following questions, you have a potential problem.

Yes **No**

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|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. If your feet do not rest completely on the floor when your chair is properly adjusted, do you use a footrest? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Is your footrest adjustable in height and inclination? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Does your footrest allow you freedom of leg movement? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Is your footrest easy to remove? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Is the width of your footrest about the same as the width of your hips? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your footrest large enough to support the soles of both of your feet? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Is the top of your footrest covered with a nonskid material to reduce slippage? |
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