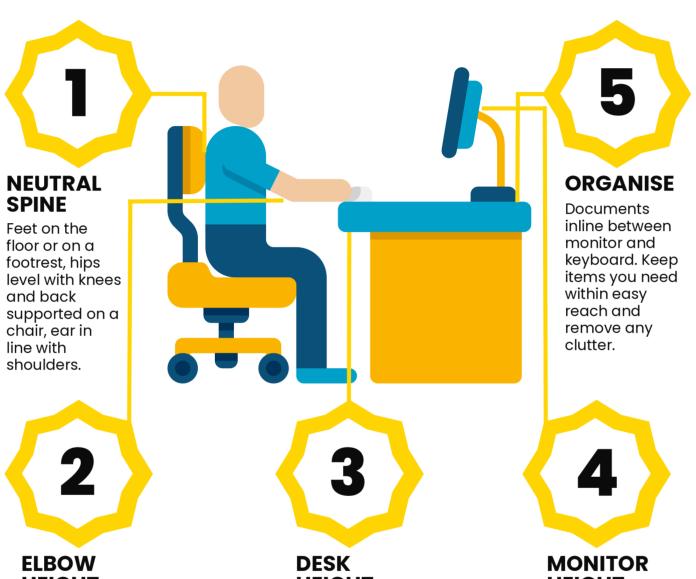
HOW IS YOUR WORKSTATION? 5 TIPS FOR AN ERGONOMIC SET-UP



HEIGHT

Keyboard at or slightly below elbow height, mouse adjacent to keyboard, keyboard level or tilted towards you.

HEIGHT

Desk height 1-2" above elbow height for desk work or at elbow height for keyboard use. Raise your chair as needed.

HEIGHT

Monitor aligned so first line of sight is directly or slightly below eye height.

GOT A STANDING DESK?

Standing at your computer requires the same set up only without the chair. A footrest or balance platform may be used for unloading and postural shift.







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