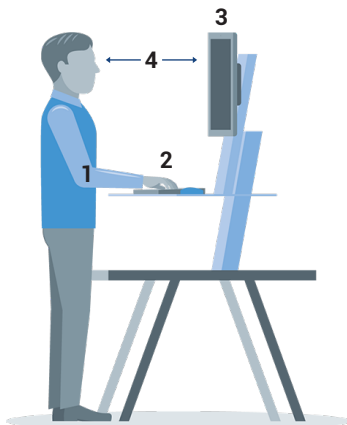


HOW TO SIT CORRECTLY



1. Feet flat on the ground or on a foot rest.
2. 4 fingers space between the front of your seat and the back of your knees.
3. Knee angle at 90° or slightly more.
4. Back firmly supported by the chair's backrest.
5. Elbows at a 90° angle or slightly more and importantly - at desk height.
6. Support your arms on the desk when working with the keyboard or mouse.
7. Top of the monitor positioned at eye level or slightly below.
8. Distance between your eyes and monitor 60cm – roughly an arm's length.

SIT TO STAND DESK POSITIONING



**IF YOU ARE NOT ABLE TO
ACHIEVE THIS SET UP
WE HAVE PRODUCTS TO
HELP YOU!**

1. Elbows at 90° or slightly more and at desk height.
2. Support your arms on the desk or keyboard tray when working.
3. Top of the monitor at eye level or slightly below.
4. Distance between your eyes and monitor 60cm - an arm's length away.
5. When starting out - gradually condition your body over a period of 1 – 2 weeks to get used to standing for longer periods at a time.
6. Listen to your body and frequently alternate between sitting and standing. Don't stand for longer than 30 minutes at a time and not for more than half of your working day. Don't overdo it!
7. Use an anti-fatigue mat and wobble stool if you enjoy standing and would like to stand for longer intervals once you are comfortable with standing.

POSITIONING OF DUAL SCREENS

