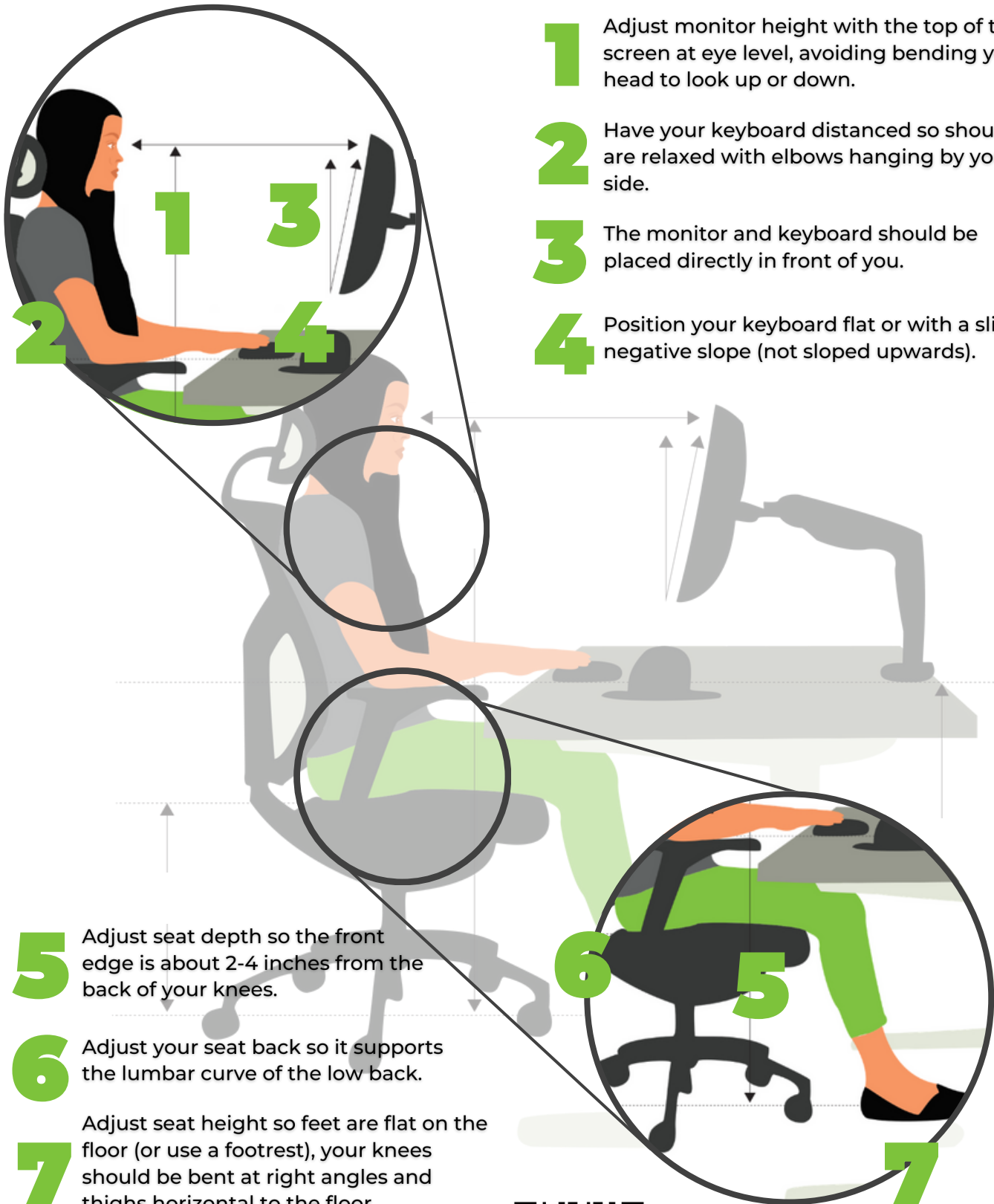




DESK ERGO TIPS



1 Adjust monitor height with the top of the screen at eye level, avoiding bending your head to look up or down.

2 Have your keyboard distanced so shoulders are relaxed with elbows hanging by your side.

3 The monitor and keyboard should be placed directly in front of you.

4 Position your keyboard flat or with a slight negative slope (not sloped upwards).

5 Adjust seat depth so the front edge is about 2-4 inches from the back of your knees.

6 Adjust your seat back so it supports the lumbar curve of the low back.

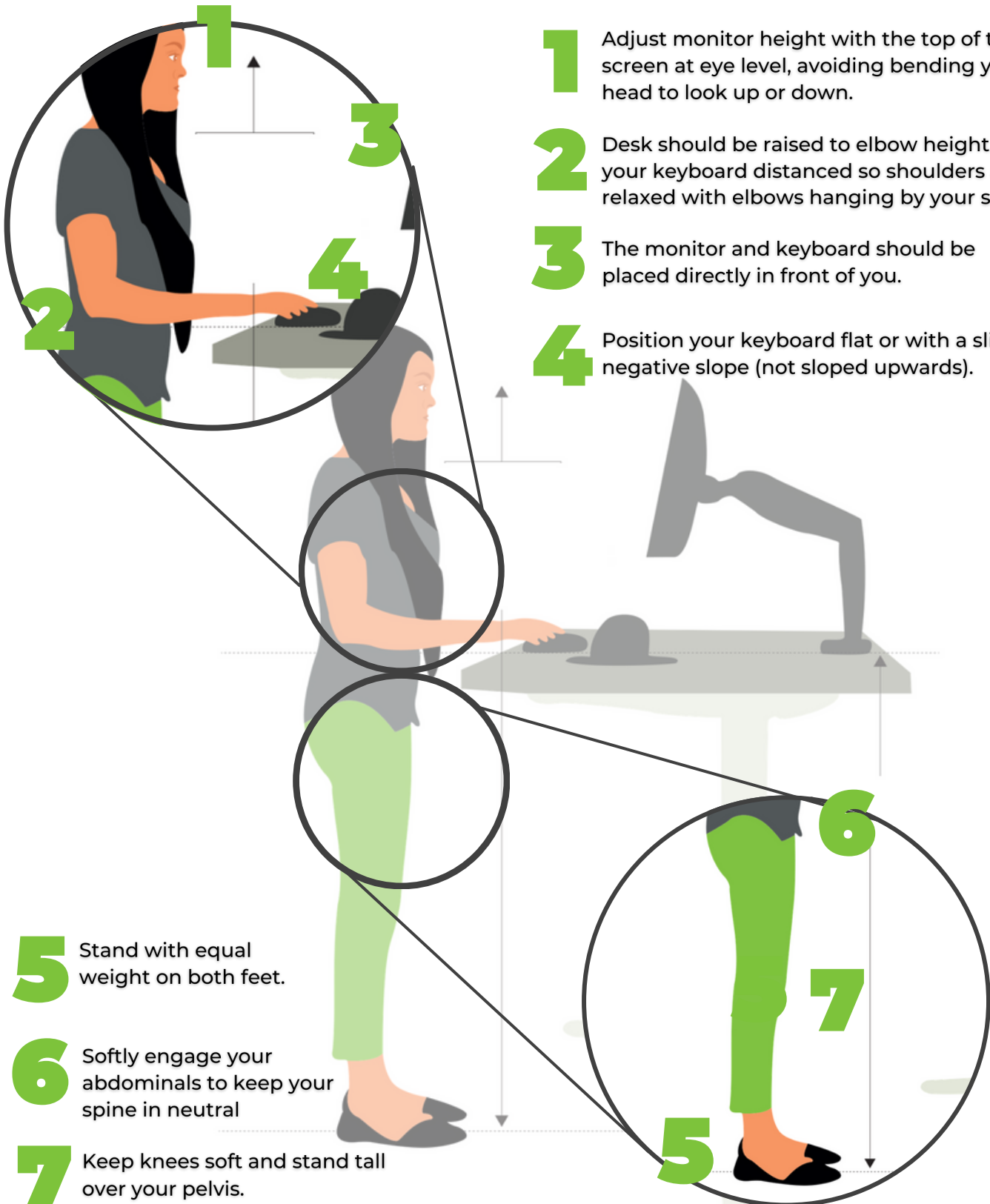
7 Adjust seat height so feet are flat on the floor (or use a footrest), your knees should be bent at right angles and thighs horizontal to the floor.



For the full desk ergo check, take a look through our Desk Ergo Checklist



DESK ERGO TIPS



- 1** Adjust monitor height with the top of the screen at eye level, avoiding bending your head to look up or down.
- 2** Desk should be raised to elbow height. Have your keyboard distanced so shoulders are relaxed with elbows hanging by your side.
- 3** The monitor and keyboard should be placed directly in front of you.
- 4** Position your keyboard flat or with a slight negative slope (not sloped upwards).

- 5** Stand with equal weight on both feet.
- 6** Softly engage your abdominals to keep your spine in neutral
- 7** Keep knees soft and stand tall over your pelvis.

For the full desk ergo check, take a look through our Desk Ergo Checklist

