

These are Posturite observations; Helpful hints

Advice for sit-stand desks

Your sit-stand desk allows you to position your desk in the optimal ergonomic position with the press of a button - whether you are seated or standing. What is the optimal position? That depends on your unique body characteristics. The goal is a neutral posture for your spine and joints while you work.

Here is how to achieve the optimal ergonomic posture:

Desk height

Use the up/down switch on your desk to raise or lower your desk top ensuring your forearms are parallel to the desk when you type.

Screen position

Position your screen approximately at arm's length from you with the top of the screen about eye level.

Relax

Keep your head balanced and your shoulders relaxed



Are you sitting comfortably?

Sit back in your chair ensuring good back support leaving a 2" space behind your knee. Your feet should be flat on the floor.

Stand up for your health

Use the up/down switch to raise your desk to a standing position ensuring your forearms are parallel to the desk when you type.

Always remember to move throughout your working day to promote good health.