SEATED / STANDING ERGONOMIC POSTURE

Monitor 18" – 24" (arm's length) from screen

Eyes positioned at upper 3rd of screen

Seated Position

Standing Position

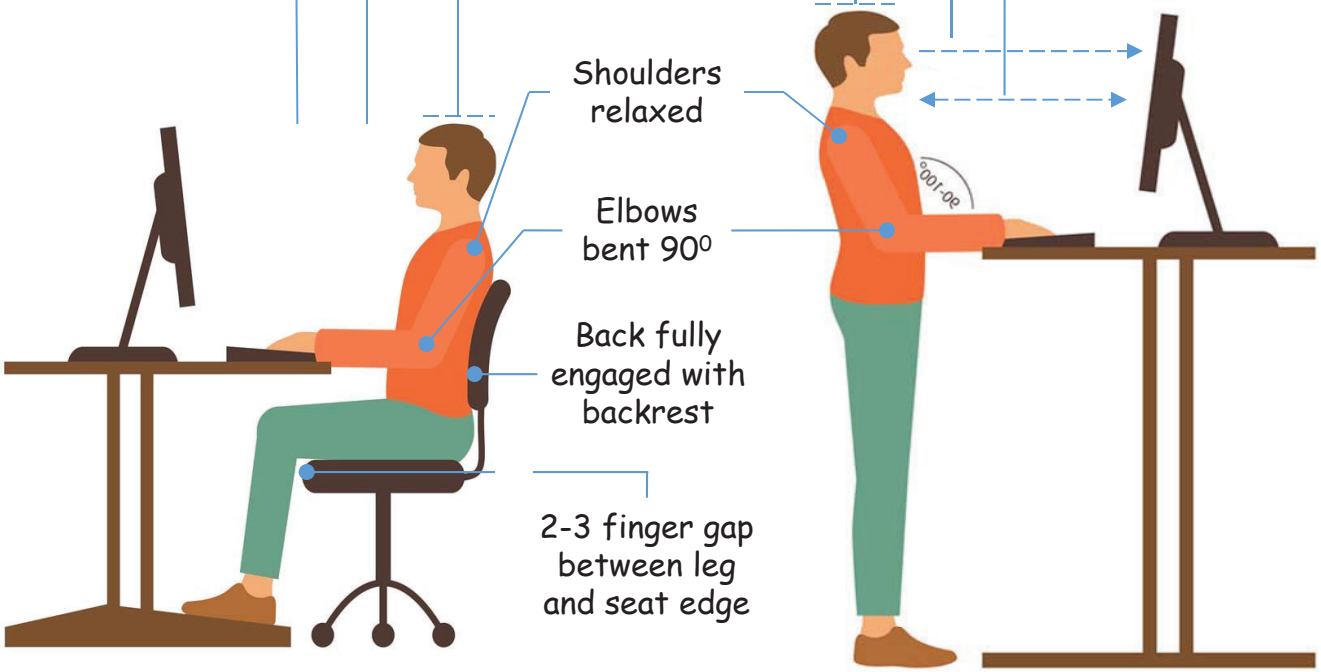
Head straight & level

Shoulders relaxed

Elbows bent 90°

Back fully engaged with backrest

2-3 finger gap between leg and seat edge



Optional Footrest





Optional Lightweight Anti-Fatigue Mat

Remember the 30 minute 20-8-2 rule!

- Sit 20 minutes.
- Stand 8 minutes.
- Walk-around 2 minutes.



Beware of pinch points!

- Hands/fingers may get caught in-between the stationary and moveable surfaces.
- Allow for a 3"- 6" gap.