

CREATE A MORE COMFORTABLE WORKSPACE

SIT SMARTER

LESSEN LEG DISCOMFORT

- A.** Make sure you have at least two finger's width of space behind your kneecap to your seat with knees at a 90 degree angle to allow for a better sit.

B. Vary between sitting and standing while at your desk to increase blood supply and foster productivity

REDUCE RISK OF LOWER BACK PAIN

- A.** Reduce lower back discomfort by sitting all the way back into the lumbar of your chair and adjusting the manual lumbar portion of your chair (if available).

DECREASE SHOULDER STRESS

- A.** Adjust chair arm rests to a proper height and width where the shoulders are relaxed and the upper arms are close to your body.

B. Positioning computer monitors to eye level can also reduce risk of shoulder stress by promoting a neutral neck posture.

LOWER WRIST AND HAND DISCOMFORT

- A.** Adjust keyboard tray to properly position the height and angle to allow your wrists to lay flat.

B. Raise the seat to allow the keyboard to sit on the desk. Use a footrest to support your feet.

C. Move a height adjustable table to allow straight wrist postures while the keyboard sits on the worksurface

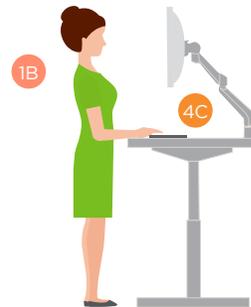
MINIMIZE NECK STRAIN

- A.** Use your monitor arms to adjust your computer screen so the top is eye level and about an arm's length away to bring the neck back into alignment with the spine.

DIMINISH FATIGUE

- A.** Adjust the tension controls of your chair to provide support and prevent the free-falling feeling

B. Engage muscles by changing postures and reclining.



MOVE AROUND

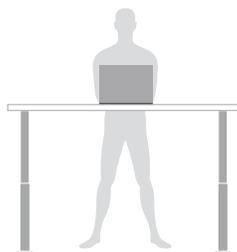
1 TAKE A BREAK

Taking short breaks throughout the day is actually a proven way to increase productivity when you're fatigued at your desk



2 SWITCH UP YOUR SCENERY

A standing height table creates blood flow and posture change within the body and adds another space for you to actively meet within the office.



3 MEET AT A 3RD PARTY SPACE

From cafés to lounges and even reception areas, workers are increasingly using third spaces to come together for quick collaboration and find focus away from the desk. These spaces allow posture changes and the opportunity to walk to a new area.

