

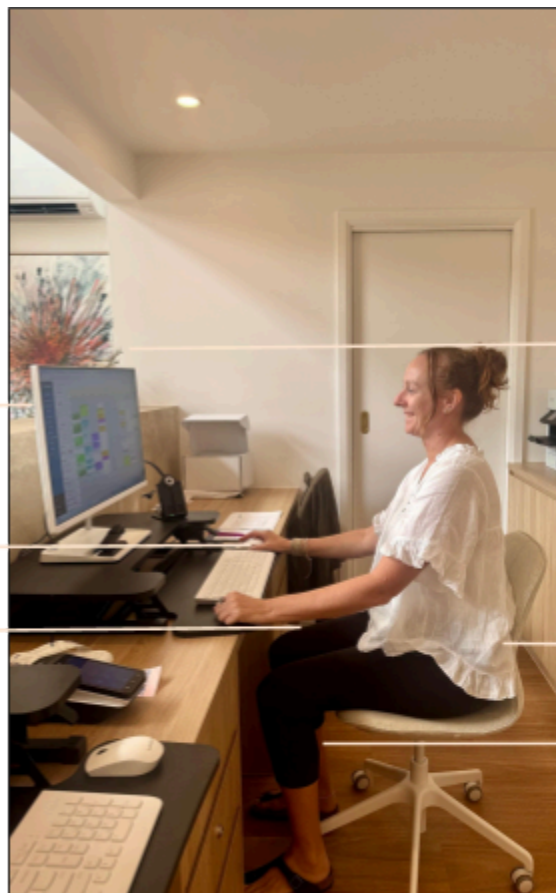
WORK STATION SET UP GUIDE

Proper workstation ergonomics can prevent musculoskeletal pain and dysfunction from becoming a part of your daily life. Repetitive actions like typing and using a mouse, along with prolonged sitting or standing, can lead to discomfort, including but not limited to neck pain, headaches, wrist, elbow, or shoulder pain. This guide will help you set up an ergonomic workspace for both sitting and standing positions so you can use good ergonomics to look after your health and wellbeing.

Screen at reading distance, about an arms distance away from you

Keep mouse close to you and the keyboard

Forearms are slightly angled downwards to keyboard and not pictured here but i like to have them supported on the desk if possible



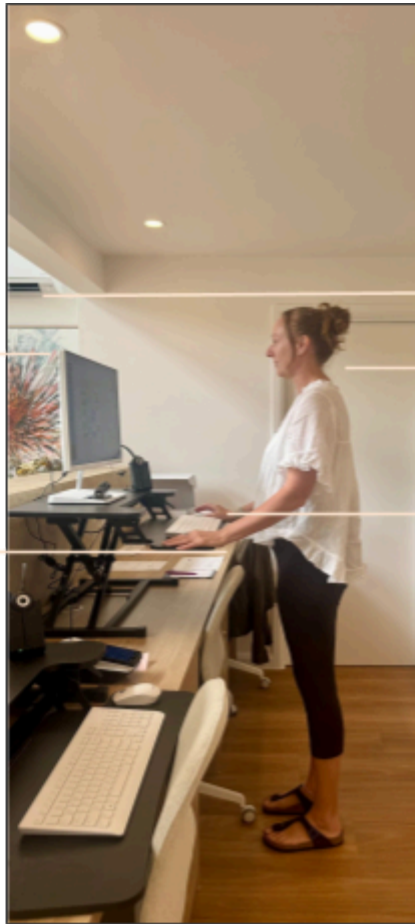
Top of screen at eye level

Sit up right at the front of the chair, on your bum bones or get a lumbar support to fit lower back curve

Adjust chair height so that thighs are slightly angled downwards

Screen at reading distance, about an arms distance away from you

Forearms are slightly angled downwards to keyboard and not pictured here but i like to have them supported on the desk if possible



Top of screen at eye level

Head is neutral, chin parallel to the ground

Keep Mouse close to you and the keyboard

HEALTHY HABITS

- Vary desk position from seated to standing
 - Stand on a a anti fatigue matt
- Take breaks regularly. If you can't, at least stand up every hour
 - Keep feet shoulder width apart when standing
- Wear ergonomic runners or shoes when standing (companies - Bared Footwear, Frankie4, shoes from Athlete's foot or runners from most ASICS, Brookes etc)
- Consult your Physical Therapist if you need more assistant / tips and tricks