

Stand Tall, Work Smart: Your Guide to Desk Ergonomics

Prioritize your well-being for sustained focus and energy.



SITTING POSTURE & SETUP



Sit with feet flat, back straight.
Monitor top at eye level.



Keep wrists straight & floating. Keyboard & mouse close.

EQUIPMENT & ARRANGEMENT



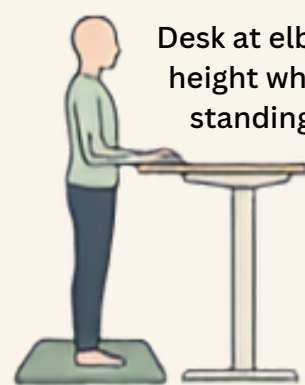
Monitor Position

Arm's length away.
Adjust for glare.

Desk Height (Sitting & Standing)



Elbows at 90-degree angle.



Desk at elbow height when standing.



Anti-Fatigue Mat & Footrest

Use an anti-fatigue mat for standing.
Consider a footrest.

ALTERNATING POSITIONS & MOVEMENT



Alternate standing & sitting every 30 minutes.



Take short movement breaks hourly.



Incorporate short walks throughout the day.

ERGONOMIC REMINDERS



Mindful Posture

Check your posture regularly.



Listen to Your Body

Listen to your body's signals for comfort.



Hydrate & Breathe

Stay hydrated & practice deep breathing.