COMFORTABLE AT YOUR DESK

Set up your workstation

Adjust it to fit you, not the other way round.

1



Chair

Adjust so your back is supported.

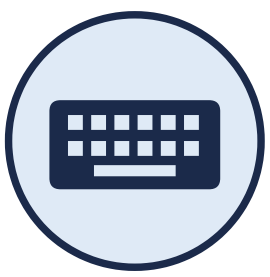
2



Feet

Keep them flat on the floor or a footrest.

3



Keyboard and mouse

Keep them close, wrists relaxed.

4



Screen

About arm's length away, top near eye level.

5



Breaks

Take short, regular breaks from the screen.