COMFORTABLE AT YOUR DESK

Set up your workstation

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

1. 

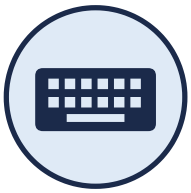
Chair

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.

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