

ERGONOMIC TIPS FOR DESK USERS



#1

- Keep back straight to chair.
- Chair ideally should have armrests.
- Ability to adjust seat height is a must.

#2

- Relax forearms.
- Keep arms parallel to the floor.
- Minimal bend of the wrist.

#3

- Keep top of monitor at eye level.
- Keep screen at arms length.
- Slightly tilt screen up.

#4

- Keep legs parallel to floor.
- Keep feet flat to the floor/footrest.
- Use footrest to avoid 'pinching' legs.

#5

- Don't forget to take regular breaks! Good for your eyes as well as your productivity.