Hybrid Desk Setup in 60 Seconds



Your Keyboard

Your keyboard should be at or slightly below elbow height and allow for your elbows to hang directly under your shoulder

Your Mouse

It is best to user place your mouse at the same level as your keyboard, and have it be directly in front of your shoulder.

Your Screens

Your screen(s) should be set up so that your eyes look straight ahead, with your head and neck balanced over your spine.

Your Laptop

It is best to raise your laptop screen to eye-level (or use an external monitor) and use an external keyboard & mouse

Your Phone

Keep your phone close by and when making calls, use either the phone speaker or a headset.

Your Desktop Items

Keep things like your notebook, to-do list, and reference materials, within close reach and your dominant hand side.