Sit/Stand Tips



AND REMEMBER ...

Take frequent stretch breaks. Try sitting for an hour, then standing for an hour with breaks in between.

Your body will thank you for it!

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Posture

Sit with upright balanced posture.

Keyboard & Mouse

Place your keyboard and mouse at elbow height or slightly lower then your elbows.

Monitor(s)

Place your monitor(s) about an arm's distance away and slightly below eye level.

Feet

When sitting, keep your feet on the floor or on a footrest.

Easy Reach

Keep all of your desktop items within easy reach.

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