

# Helpful hints

## Advice for sit-stand desks

Your sit-stand desk allows you to position your desk in the optimal ergonomic position with the press of a button - whether you are seated or standing. What is the optimal position? That depends on your unique body characteristics. The goal is a neutral posture for your spine and joints while you work.

Here is how to achieve the optimal ergonomic posture:

### Desk height

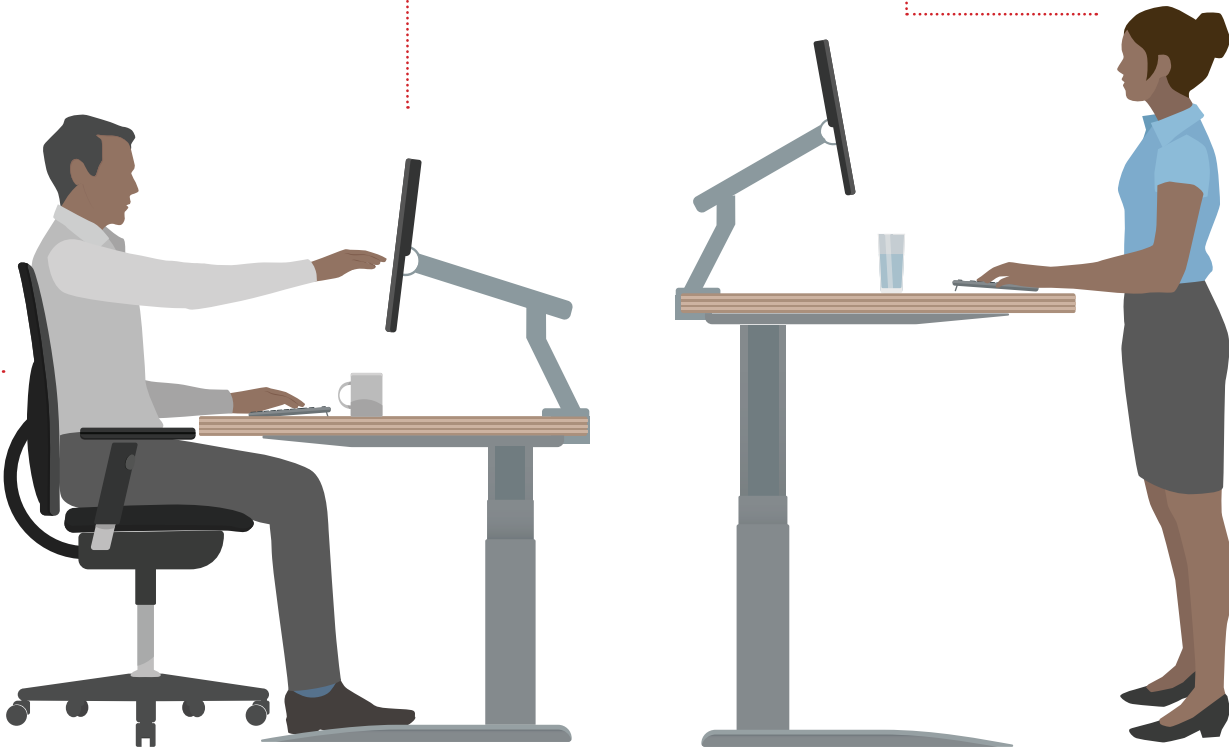
Use the up/down switch on your desk to raise or lower your desk top ensuring your forearms are parallel to the desk when you type.

### Screen position

Position your screen approximately at arms length from you with the top of the screen about eye level.

### Relax

Keep your head balanced and your shoulders relaxed



### Are you sitting comfortably?

Sit back in your chair ensuring good back support leaving a 2" space behind your knee. Your feet should be flat on the floor.

### Stand up for your health

Use the up/down switch to raise your desk to a standing position ensuring your forearms are parallel to the desk when you type.

**Always remember to move throughout your working day to promote good health.**