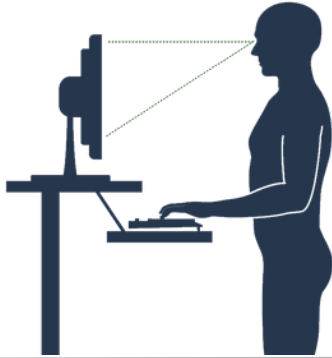


3 Pillars of Ergonomics

5 simple rules that will help you set up and evaluate your workstation at home

1

Monitor: Top of the screen is aligned with your eyes.



Position your monitor so that the top of the screen is aligned with your eyes.

Consider tilting it upward so that you can see the entire screen better.

You want your face to be about 18 to 30 inches from the monitor, which will allow you to see the whole screen without adjusting the position of your head.

2

keyboard and mouse: forearms about parallel to the floor



The primary consideration with your keyboard and mouse is to have your forearms about parallel to the floor while you work.

Use this method to find the best height:

- Establish an organised standing or seated position and bend your elbows about 90 degrees so that your forearms are parallel to the floor.
- Now set your keyboard tray to elbow height or slightly lower, depending on your personal preference.

We recommend standing or sitting close to your keyboard, which enables you to achieve the ideal upper body position—externally rotated shoulders, elbows in tight to your body, and wrists aligned with your elbows and shoulders

3

Have a hybrid (sit and stand) workstation if possible

- You don't need to spend \$700 on an electronic stand-up desk. Ikea now offers a manual one for less than \$500. You can also build one if you're willing to allocate the time.
- You have to separate the screen from the keyboard.
- Get a short-stool for one foot.
- Pay attention when this starts to get comfortable.
- Change positions every 20 minutes.



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