

Tips for a successful work or home office setup:

Monitor

- Adjust distance and height tops of the monitor at eye-level and slightly tilted
- The screen can also be adjusted to reduce the amount of blue light

Blue blocking glasses or FL-41 glasses may be beneficial if you are sensitive to this.

- If you use progressives or bifocals, you might want to invest in a pair of computer glasses.

Arms

- Relaxed shoulders, not raised
- Forearms parallel to the floor, 90 degree bend at elbow, supported by armrest and desk height
- Minimal bend at the wrist

Some people benefit from cushioned wrist support

Chair

- Should have backrest
- Armrests that are adjustable (both up/down AND in/out)

Legs

- Thighs parallel to the floor

Feet

- Use a footrest (this helps SO much)

Sit-to-stand Desk

- Electric sit-to-stand desk to allow for change of position and ease of moving your desk
- Make sure there is no bar across the bottom of the desk to allow for footrest when sitting
- Desk height should be elbow height

Cushioned mat when standing if needed (anti fatigue)

Try to avoid working on laptop

Connect to a desktop to improve ergonomic setup

Remember to get up and move every hour

Take a visual rest as needed

