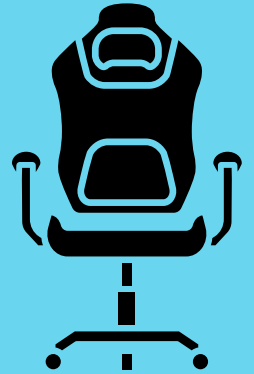
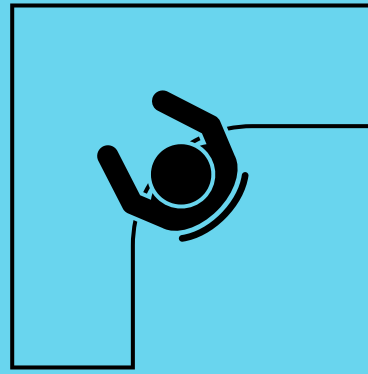
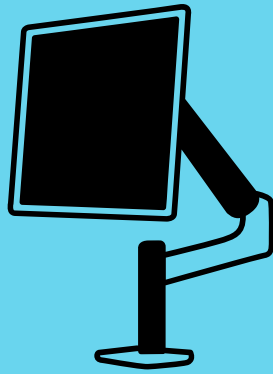


Ergonomic Workstation Setup



Creating an ergonomic workspace is essential for comfort, productivity, and long-term health. Follow these guidelines to ensure optimal monitor placement, desk height, and seating adjustments:

Monitor Placement

- Position the top of the screen at or slightly below eye level.
- Keep the monitor about an arm's length away (20–30 inches).
- Adjust the tilt to reduce glare and keep the screen perpendicular to your line of sight.
- Use a monitor stand if needed to achieve the correct height.
- If using multiple monitors, position the primary screen directly in front of you and angle secondary screens slightly toward you.

Desk Height

- Your desk should allow your elbows to be at a 90-degree angle while typing.
- If using a height-adjustable desk, set it so that your forearms are parallel to the ground.
- Maintain a neutral wrist position with a slight downward tilt if needed.
- Use a footrest if your feet don't reach the floor comfortably.

Seating Adjustments

- Adjust the chair height so that feet rest flat on the floor or a footrest.
- Ensure knees are at a 90-degree angle with thighs parallel to the ground.
- Use lumbar support to maintain the natural curve of your lower back.
- Keep shoulders relaxed and avoid hunching forward.
- Adjust armrests to allow shoulders to stay in a neutral position.