Workstation Setup Summary

- Shoulders are low and back
  Not reaching forward

- Lumbar support adjusted to align with lower back curve

- Armrests adjusted to elbow height (elbows bent to 90°)

- Hips slightly higher than knees

- Monitors are 18-36” away

- Top of monitors are just below eye level

- Keyboard & mouse are at elbow height

- Wrists are straight

- 90° to 120° angle between legs and hip

- 2-3” of space behind knee and front edge of seat

- Feet are supported on the floor or a footrest
Sit-Stand Workstation Setup Summary

- **Monitor**: Top of screen should be at eye level
- **Rotation**: Up to 45 min sitting, Up to 20 min standing
- **Desk Height**: Desk at elbow height in sitting and standing
- **Movement**: Take a 2 min walk at least once an hour