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

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

- 90° to 120° angle between legs and hip

- 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