Helpful hints
Advice for sit-stand desks

Your sit-stand desk allows you to position your desk in the optimal ergonomic position with the press of a button - whether you are seated or standing. What is the optimal position? That depends on your unique body characteristics. The goal is a neutral posture for your spine and joints while you work.

Here is how to achieve the optimal ergonomic posture:

**Desk height**
Use the up/down switch on your desk to raise or lower your desk top ensuring your forearms are parallel to the desk when you type.

**Screen position**
Position your screen approximately at arms length from you with the top of the screen about eye level.

**Relax**
Keep your head balanced and your shoulders relaxed

**Are you sitting comfortably?**
Sit back in your chair ensuring good back support leaving a 2” space behind your knee. Your feet should be flat on the floor.

**Stand up for your health**
Use the up/down switch to raise your desk to a standing position ensuring your forearms are parallel to the desk when you type.

Always remember to move throughout your working day to promote good health.