

UPS AND DOWNS

Ergonomic tips for a healthy & comfortable setup

Prevent pain and discomfort with this quick, simple summary...

Don't look
DOWN
at a laptop screen



Look ahead with a
LAPTOP RISER



Cut **DOWN** your sitting time
by taking brief **MOVEMENT BREAKS**



A sit-stand desk
will lift your desk surface
UP & DOWN
for posture variety



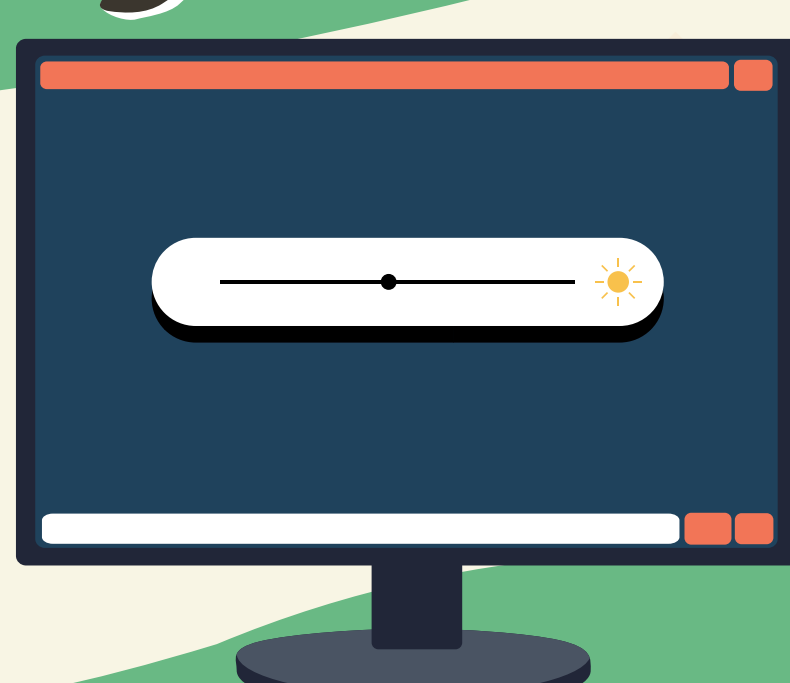
Put your feet **UP** on a **footrest** for support



Adjust your chair
UP & DOWN
to get your **height**
exactly right at your desk



Turn the **brightness**
DOWN
on your monitor if you're
getting headaches



Turn the office volume
DOWN
with a **noise-**
cancelling headset



Scroll
↑ UP AND DOWN ↓
at breakneck speed with a
fast-response ergonomic mouse



Raise
UP and angle your **keyboard** just
a little by choosing a model
with legs



Use a good
ergonomic
bag to lift

UP

or wheel your
kit around
without strain



AND LASTLY...

Turn **UP** the fun at your desk
with your very own
Penguin mouse



Read the accompanying blog to learn **why** these
tips are recommended by ergonomists.

Choose the right ergonomic kit for you at
posturite.co.uk

YOUR DESK, BUT COMFIER