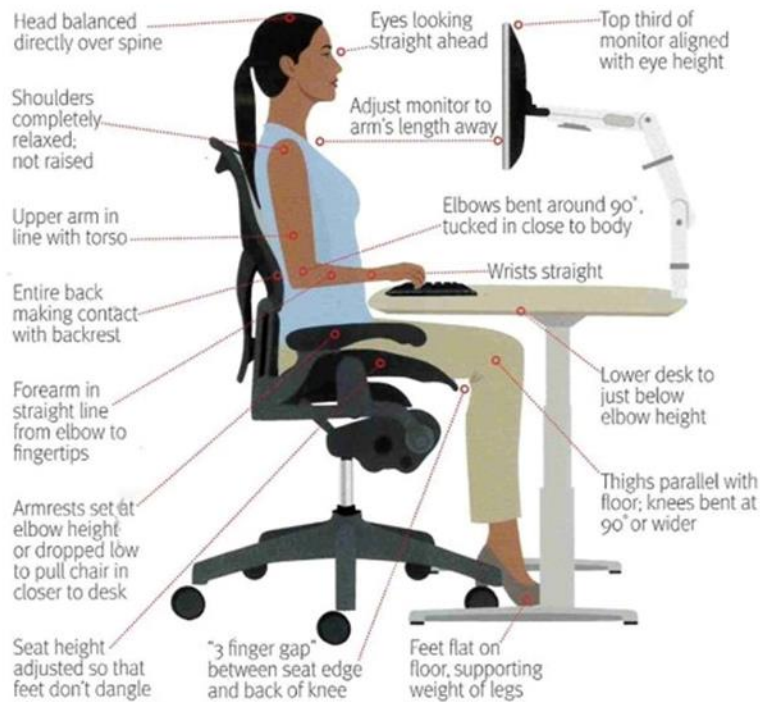


GUIDE TO ERGONOMIC SEATED POSTURE



Non-adjustable desk? These tools can help you get to the right height.

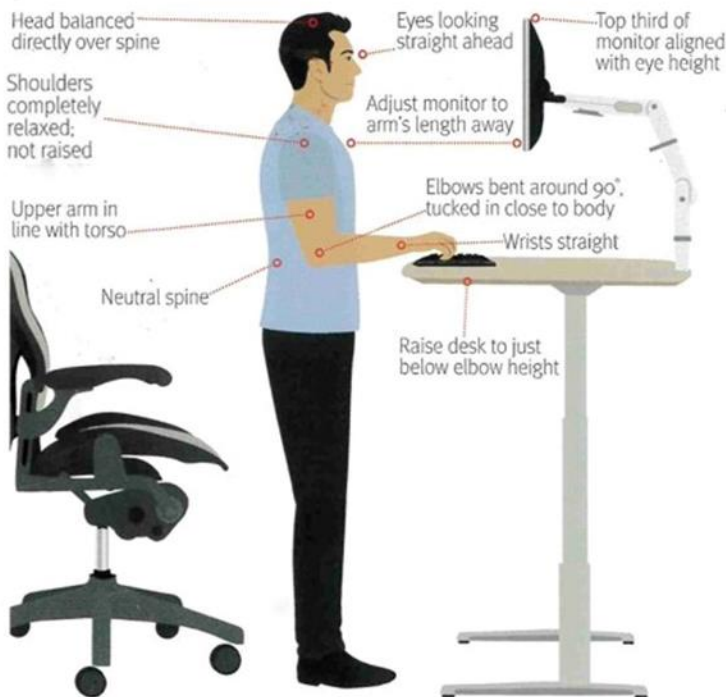


With feet flat on the floor and knees at 90°, lower the keyboard tray to just below elbow height, shoulders relaxed.



Raise chair until elbows are slightly above desk height, then put a foot stool beneath feet to keep knees at 90°.

GUIDE TO ERGONOMIC STANDING POSTURE



The more movement and change in postures you do, the better you will feel.



While standing, alternate resting each foot on a foot stool to relieve tension in the spine and increase circulation.