HOW TO:
SET UP YOUR WORKSPACE

Print this out for as a quick checklist or download it on your phone for easy reference!

MONITOR
Top of screen at eye level

HEAD
Upright and over shoulders, not bending towards screen

SCREEN
Roughly an arm's length away

NECK
Relaxed and straight

Tilt your screen at an angle between 10 to 20 degrees

SHOULDERS
Relaxed and not hunched

DOCUMENT HOLDER
Between keyboard and monitor

WRIST
Relaxed and straight with minimal bending

BACK
Upright / slightly inclined, sit fully back on the chair

STAND
Use to achieve ideal monitor height - can buy, DIY or even use books

90° - 120°

ELBOW
Relaxed, close to body

KEYBOARD & MOUSE
Close to your body & flat on the desk

LOWER BACK
Supported by chair's lumbar support

90° - 120°

THIGHS
Parallel to the floor

Recline ability

DESK
Desk height ≈ elbow height

2 - 3 fingers' width distance

Adjustable seat height

Adjustable armrests at elbow height

FEET
Resting on foorrest or flat on the floor

AiraWear