

DESK ERGONOMICS



MADE
~ TO *move*

DESK ERGONOMICS

Line your eye up with the
top portion of your screen



MADE
~ TO *move*

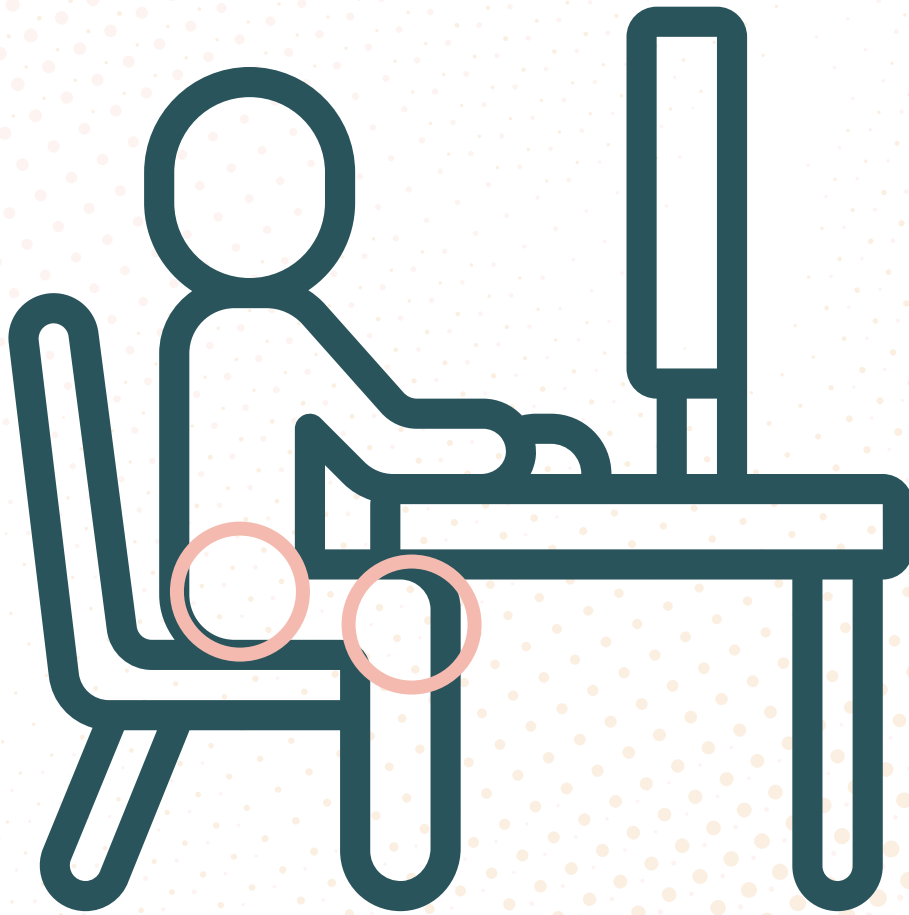
DESK ERGONOMICS

Forearms parallel to the floor, resting
on the arms of your chair or your desk,
elbows bent



MADE
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DESK ERGONOMICS



Knees in line, or slightly
lower than your hips

MADE
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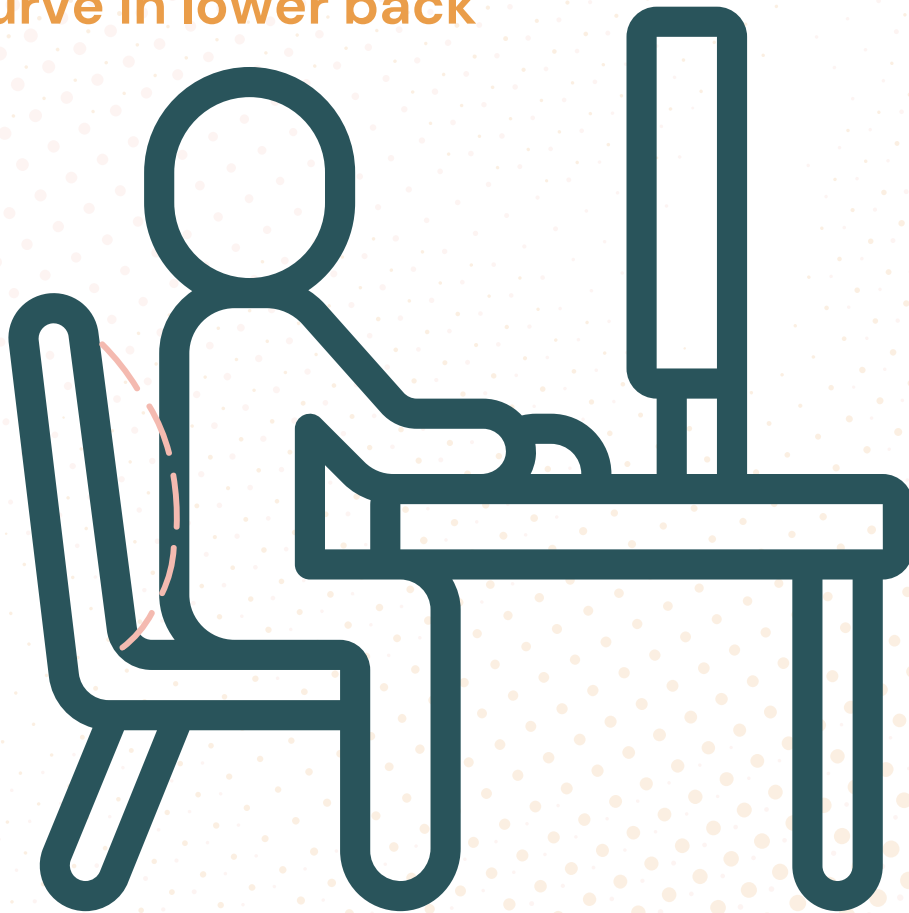
Ears, shoulders, hips in line



MADE
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Backrest that supports
natural curve in lower back



MADE
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DESK ERGONOMICS



Adjust seat so thighs are
parallel to the floor

MADE
~ TO *move*

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Backrest at 90 – 110 degrees

MADE
~ TO *move*