

Creating A Healthy Work Station

Our goal is to enable individuals to work at their most safe, effective and motivated levels. Creating good ergonomics and a health-positive environment promotes comfort and reduces injury risk while increasing productivity and promoting employee morale.

Ergonomics is also truly personal. There is no single ergonomic solution for every person in the world. Personal work style and overall body differences like height, weight, bone structure, history of discomfort and overall office environment create diverse ergonomic need.

This means, what may be good for you, may not be good for someone else.

When we design things, we look to the human body for inspiration. Providing ergonomic solutions that work together to create healthy workspaces is our main focus. Working in a comfortable, productive and pain-free environment is something everyone should experience.

Follow these 15 simple guidelines when sitting at your desk to make sure your workstation is ergonomically perfect for you.

Adjusting your workspace may take more effort, but we promise, it will be well worth it.

- 1 Top of Screen at or slightly below eye level
- 2 Comfortable Viewing Distance of 18" to 24"
- 3 Documents at same level as screen
- 4 Adjust Monitor Arm/Screen to Reduce Glare
- 5 Negative Tilt Keyboard at Elbow Height



- 6 Flat wrists when typing
- 7 Elbow at 90 to 120 degrees
- 8 Hip Angle 90 to 130 degrees
- 9 Thighs parallel to floor when sitting

- 10 Keep shoulders relaxed
- 11 Head, neck & trunk facing forward (not twisted)
- 12 Shift position throughout day to ease tension (lift/lower desk)

- 13 Adjust chair for lumbar support
- 14 Feet rest flat on the floor
- 15 Stand and take short frequent breaks

