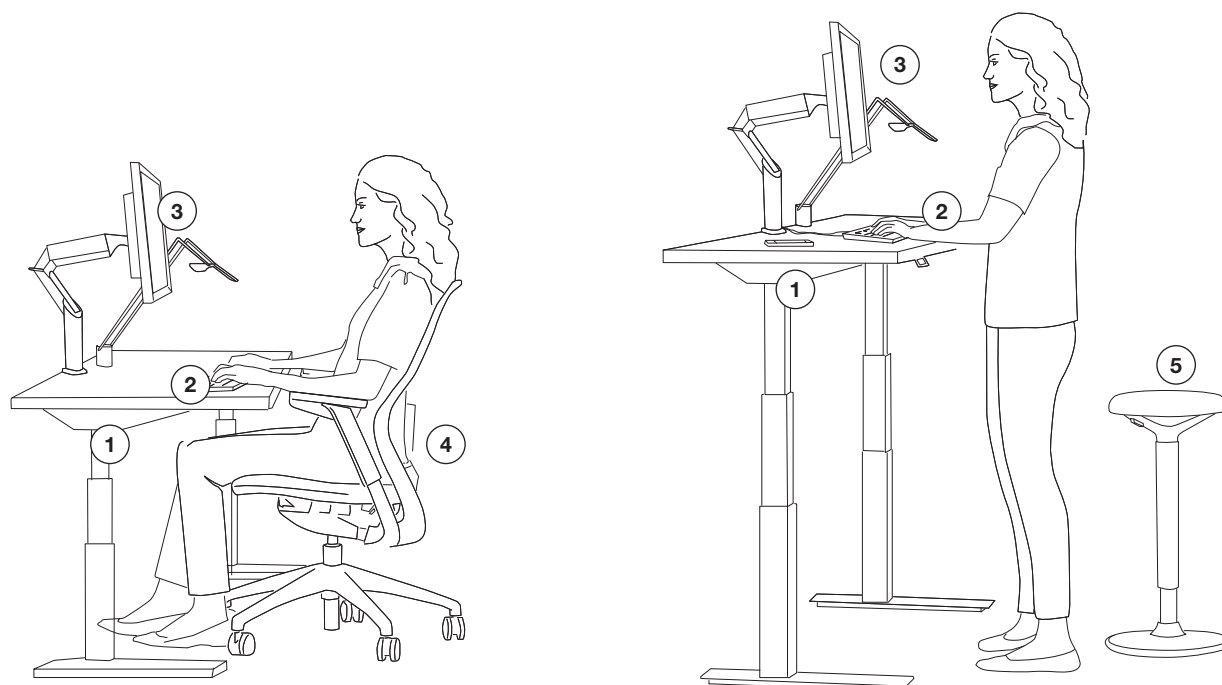


# Ergonomic Setup: Height-Adjustable Table



When work can take place anywhere or anytime, it's more important than ever to keep a focus on our health and wellbeing. Moving throughout the day is an important key to staying healthy, as well as focused, energized and productive. Height-adjustable tables offer a personalized solution that allows you to adjust your desk periodically to improve comfort, productivity and well-being—and keep you active throughout your workday, whenever that might be. The following tips will help you set up your workspace for optimal health, wellbeing and productivity.

## 1 Height-Adjustable Table

- + Table height should be just below elbow height when sitting or standing.
- + When standing, you should distribute your weight evenly and stand tall, and ensure that the keyboard and monitor are still set appropriately.

## 2 Keyboard

- + Keyboard should be within easy to reach and within the width of your shoulders.

## 3 Monitor

- + Monitor should be at eye level, approximately an arm's length away from you.

## 4 Work Chair

- + Task chair should be able to fully support your back and the chair height should be set to allow your feet to fully touch the floor.

## 5 Perch

- + An active seat allows you to perch between sitting and standing, keeping your body moving. Adjust the height to what you find comfortable but make sure to keep your feet firmly planted on the ground for balance.