



### Sitting:

**A: Feet:** Your feet are steady on the ground

**B: Sitting height:** Angle between lower and upper legs should be 90 degrees

**C: Seat depth:** Adjust the depth of the seat; there should be some room left between the seat and the back of the knee

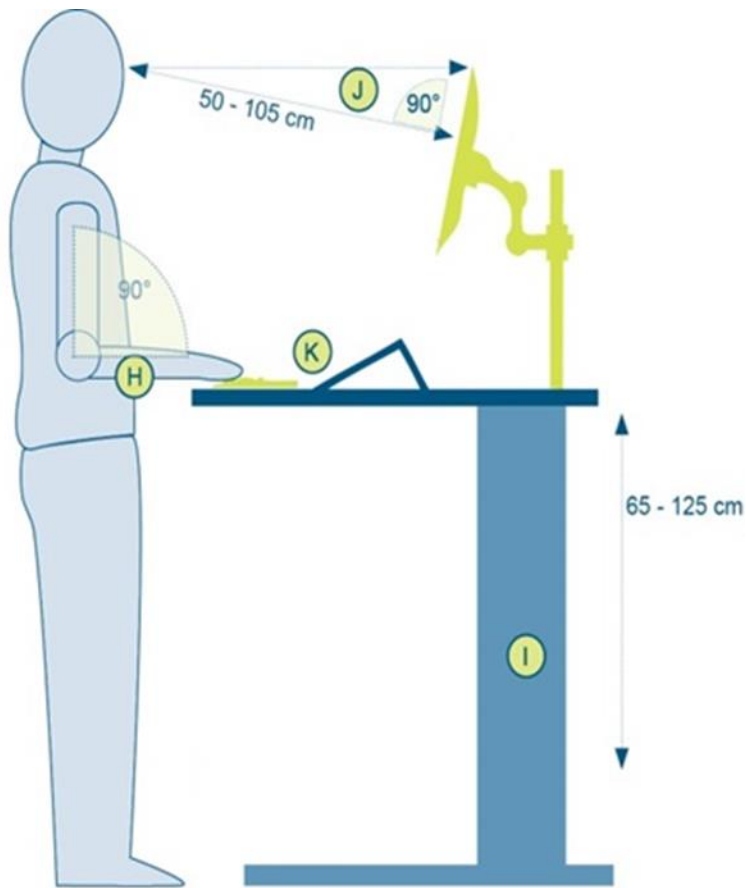
**D: Backrest:** Adjust the backrest in height in a way that the convex part of the backrest supports the lower part of your back

**E: Armrests:** Are right under your shoulders and support your arms. Your shoulders should be low and relaxed

**F: Height desk:** You adjust the height to the same level as the armrests.

**G: Screen:** Place it right in front of you, about an arm's length away from you. The top edge of the screen should be around eye level.

**H: Keyboard and mouse:** Place your keyboard and mouse within close reach.



### **Standing:**

**H: Standing position:** You're standing on two legs with relaxed knees, pelvis neutral and back stretched. Make sure your shoulders are low and relaxed.

**I: Height desk:** Bend your arms in an angle of 90 degrees and adjust the desk in height while maintaining the angle between the lower and upper arms.

**K: Screen:** Place it right in front of you, about an arm's length away from you. The top edge of the screen should be around eye level.

**L: Keyboard and mouse:** Place your keyboard and mouse within close reach.

### **Healthy standing means:**

- Do not stand behind your desk for longer than 30 minutes at once and do not stand for longer than 4 hours a day.