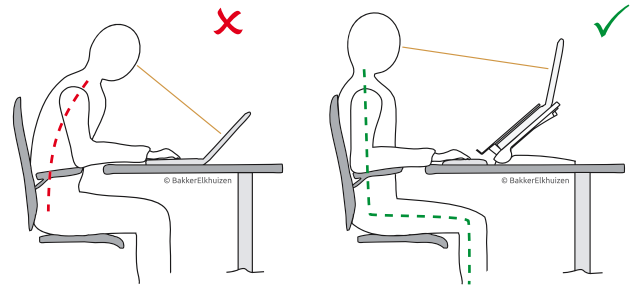


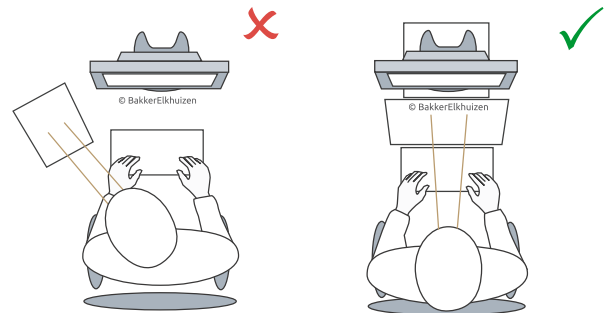
A good seated position

- 1 Seat height: feet flat on the floor, knees at a 90-degree angle
💡 you might need to use a footrest.
- 2 Desk height: at elbow height when sitting in a relaxed position.
- 3 Arms supported by armrests or the desk.
- 4 Tilt the backrest of your chair 2 cm backwards for proper support.
- 5 Monitor height: the top of the screen should be slightly below eye level
💡 you might need to use a laptop stand or tablet riser.
- 6 Distance from monitor: at least 1 arm-length
💡 use an external monitor measuring at least 19 inches, and an external keyboard and mouse.



Work 'in line'

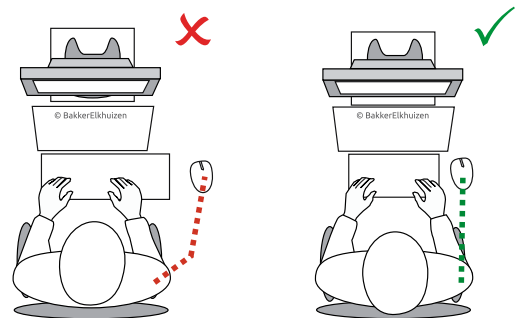
- 7 Place documents, tablet or smartphone in line with the screen on a slightly sloping surface so that you can read from them easily without bending your neck
💡 use a document holder.



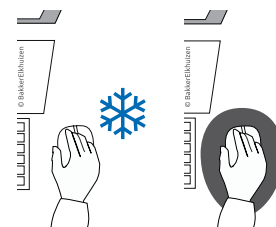
Place mouse directly in line with your shoulder

- 8 Avoid reaching too far for the mouse
💡 use a compact keyboard possibly accompanied by a separate numeric pad that can be placed to the left of the keyboard.

Increase productivity with a separate keyboard (also when using laptop or tablet).



- 9 For extra comfort, use an insulated mouse pad. The mouse cursor will move smoothly across the screen (on any desk), and the hand holding the mouse will stay warm.



Multiple monitors

- 10 Work with 2 monitors if you often work with 2 applications at the same time. Place the screen you use most directly in front of you. If you often have to compare data provided by multiple applications, place both screens directly in front of you.

