



## PROPER DESKING

- MONITOR ARM - LENGTHS AWAY AND TOP SHOULD BE 1 INCH BELOW EYE LEVEL
  - WRISTS STRAIGHT
  - MOUSE CLOSE TO BODY
  - BACK AGAINST CHAIR LUMBAR
  - SITTING: 90 DEGREE ANGLE FOR HIPS, KNEES, ELBOWS  
STANDING : 90 DEGREE ANGLE FOR ELBOWS
  - FEET FLAT ON FLOOR
- MONITOR SHOULD BE ADJUSTED FROM SITTING TO STANDING

THANKS TO TEKNION!