

ERGONOMIC GUIDELINES

HOW TO SET UP YOUR DESK

SCREEN HEIGHT

Raise screen to eye height to avoid pressure on the neck. Screen should be arm distance away, increase text size if required to avoid slouching forward to read.

LAPTOP

Always use a laptop mount if using a laptop.

KEYBOARD

To avoid reaching forward, place your keyboard at the front of the desk, using a separate keyboard if using a laptop. To avoid RSI, keep the wrists and arms relaxed, at a 90 degree angle. Do not bend or twist.

ARMREST HEIGHT

Adjust the armrest height to gently support your arms, relieving tension in the upper back.

SEAT HEIGHT

Adjust the height of your seat so your knees are lower than the hips, with feet flat on the floor. This opens up your back. Ensure arms are level with the desk.



HEAD RELAXED

To avoid pressure on your neck, keep your head relaxed, with chin slightly tucked in.

MOUSE (not shown)

Place at the front of the desk. Rotate from elbow (not shoulder) when using.

ARMS

To avoid tension in the shoulders and arms, support your arms gently by your side, directly under your shoulders. Do not stretch out to reach keyboard or mouse. Always sit as close as possible to the desk, with your back against the backrest to avoid slouching forward.

BACKREST HEIGHT

Adjust the backrest height to cradle your lumbar curve.

LUMBAR SUPPORT

Adjust the lumbar support according to your own comfort levels.

For more ergonomic tips, visit our website at:

www.corrigochairs.com