

# How to set up your workstation

## Standing desk

**Shoulders**  
Relaxed

**Screen**

Top of screen level with eyes  
and arm's length away

**Wrist & Hands**

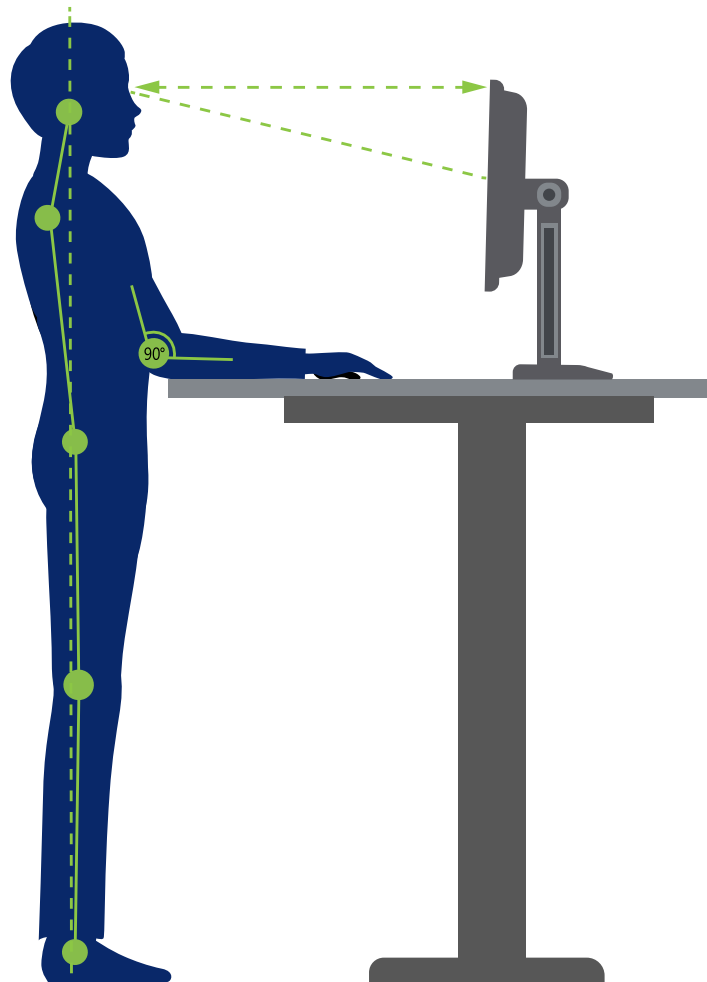
Straight, parallel to  
floor

**Elbows**

90 to 120 degrees and  
above desk height

**Feet**

Flat on the floor with  
equal weight on both



- Alternate between sitting and standing.
- Gradually build up standing time.
- Wear comfortable supportive footwear.
- Gentle movement - shifting weight from one foot to the other.
- Take short 1-2-minute stretch breaks every 20-30 minutes.

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