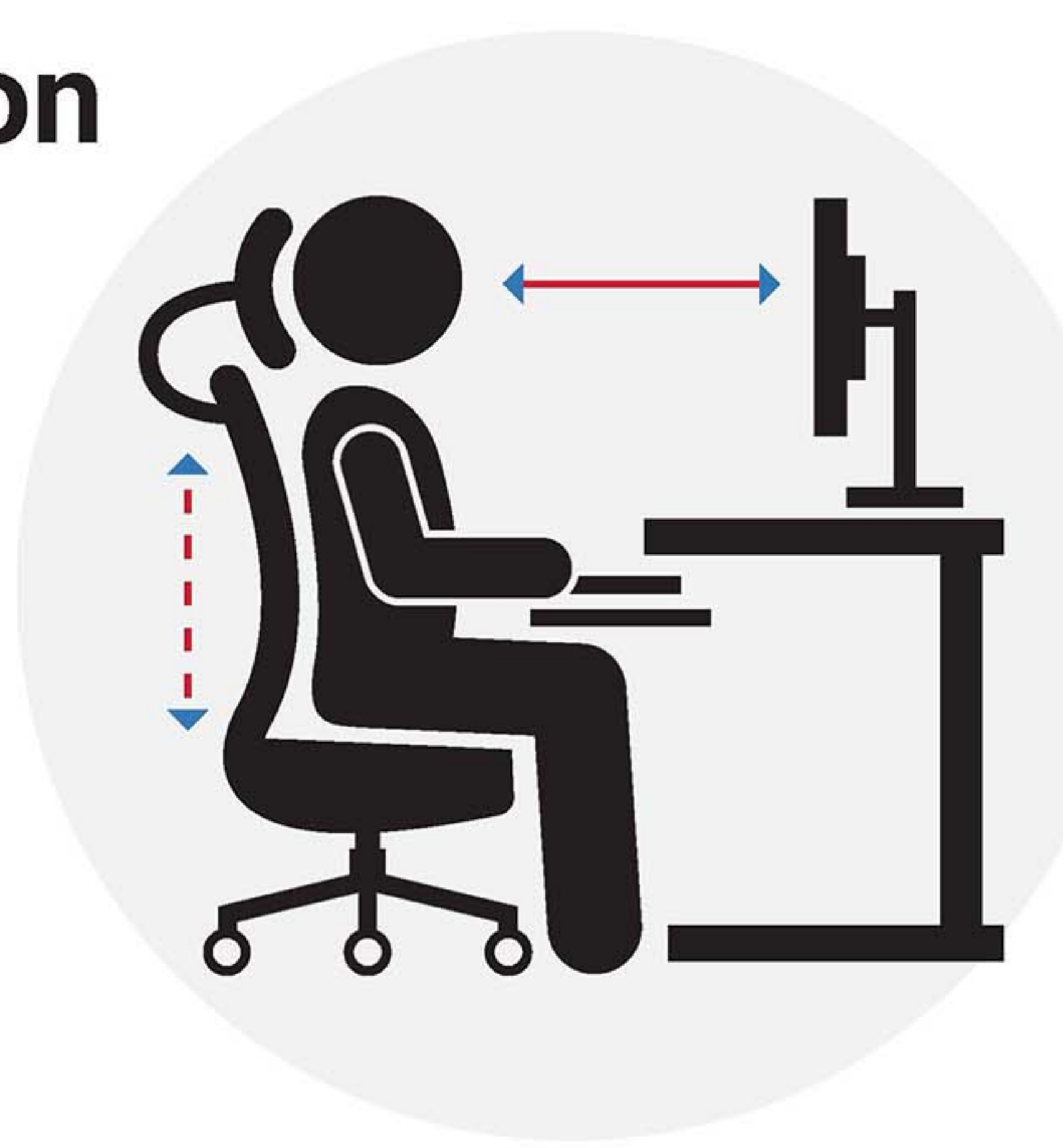


Proper Workstation Ergonomics

Ergonomics is the science of optimizing space and product design for worker use and efficiency while minimizing fatigue, stress and injury. Observing proper ergonomic principles can help improve worker comfort, morale, health, safety and performance.



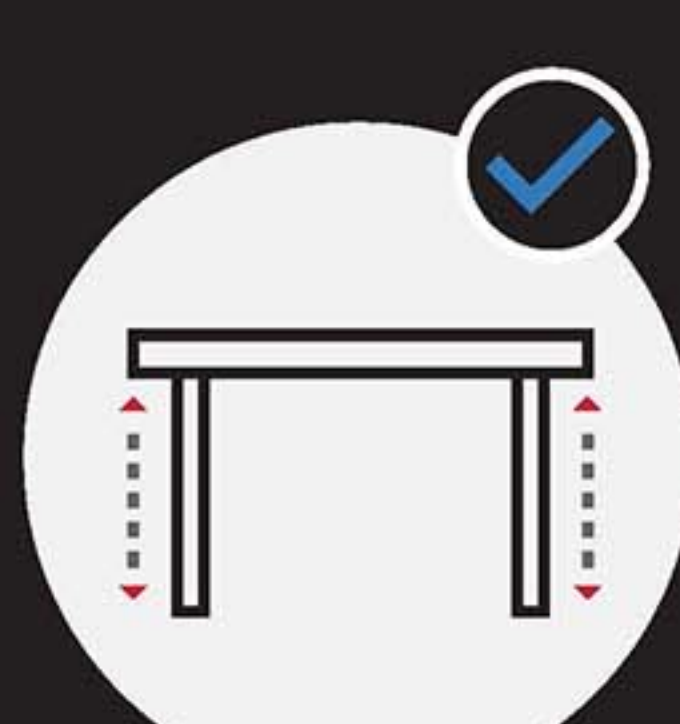
92% of U.S. workers say their workspace is insufficient, which can affect mental well-being and productivity.



45% of U.S. workers who transitioned to home-based work during the pandemic work more hours now than before.



Prolonged sitting is linked to several chronic health conditions including coronary heart disease, diabetes and kidney disease, along with common musculoskeletal disorders (MSDs) like carpal tunnel syndrome, backaches and tendinitis.



61% of U.S. workers with adjustable desks believed the change improved their health outside the office.

Ergonomically Correct Sitting Position

MONITOR
Adjust distance (about arm's length away) and height. Monitor top at eye level, slightly tilted.

ARMS
Relax shoulders. Forearms should be parallel to the floor. Minimal wrist bend.

LEGS
Thighs parallel to the floor.

FEET
Flat on the floor. Add footrest if necessary.

ERGONOMIC DESK CHAIR
with backrest and armrests. Height adjustable.

Ergonomically Correct Standing Position

MONITOR
Top of monitor just below eye level.

STANDING TABLE HEIGHT
Set table height at or slightly below elbow height.

ARMS
Forearms parallel to the floor. Minimal wrist bend.

Other Ergonomic Adjustable Desk Considerations:

- Is there sufficient desk space?
- Can it be moved by one person?
- How does the ergonomic desk surface move up and down?

Get more tips on [worker health and well-being.](#)

Sources

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