

A Simple Guide to Ergonomics

Move around as you Work

Take a break from your desk every now and then, even if it's just for a couple of seconds!
Aim to stand up for a micro break every 15 minutes.



Desk height/Mouse position

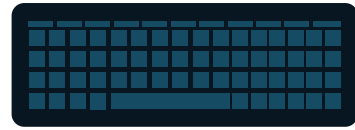
- Your mouse should be at a height that lets your elbow sit at an angle slightly larger than 90 degrees
- This prevents you from driving the mouse with shrugging type movements.



Setting up your Keyboard

Use a separate keyboard to your device where able.

- When typing: Center the typing surface. Your belly button should be level with the "g" and "h" keys.
- When using the mouse move your keyboard out of the way.



Setting up your Monitor

Find a comfortable monitor height for you. Your eyes should be level with somewhere between the top of you monitor and half way down the screen. This is different for everyone!



Picking an Office Chair

Put simply, pick something comfortable and versatile! Your seated position should enable you to be positioned at your keyboard, monitor and mouse correctly. Don't overcomplicate it!



Move Your Body

Make sure you find time in every day to move your body. Ergonomics are not a replacement for movement! Try finding some new ways to exercise or just go for a short walk around the block when you can.



Reach out for help if you need it!

If you are experiencing persistent discomfort or issues with your set up ask a member of our team to help you out! We can guide you through a tailored program and set up that works for you

Beyond >