

Sit/Stand Tips



To Avoid This... Try these 5 simple steps

1 Posture

Stand (and Sit) with upright balanced posture.

2 Keyboard & Mouse

Keyboard & Mouse should be at or slightly below elbow height. Elbows stay under shoulders.

3 Monitor(s)

Place your monitor(s) about an arm's distance away and slightly below eye level.

4 Feet & legs

Use an anti-fatigue mat when standing. Protect your lower back by periodically resting a foot on a foot rest. (You can alternate feet.)

5 Sit and Stand

Remember to switch it up! Alternate between sitting and standing throughout your work day.

And Remember...



Take frequent stretch breaks.

Try sitting for an hour, then standing for an hour with breaks in between!

Your body with thank you for it!

PBE

PERFORMANCE BASED
ERGONOMICS

setting the stage for healthy job performance

www.pbergo.com