



# Checklist Desk posture

## Every 30 min: standing up

- Desk transverse to window
- Place office chair close to desk
- Elbows lean on armrests - just slightly lower than desk
- Feet fully on the ground, knees lower than hips
- Space in between knee and chair (fist fits in between)
- Low backrest of chair extends just above waistband
- Adjust backrest dynamically (with adjustable seat)
- Support with shoulders against backrest, lean back slightly
- Table adjustable: elbow height
- Screen at about arm's length (50-70 cm)
- Top of screen: eye level (shoulders relaxed)
- Screen and keyboard right in front of you
- Keyboard about 15 cm from edge, legs of the keyboard folded
- Mouse move from forearm, not wrist (no mat)

**Every 20 minutes - 20 seconds of looking away - 20 feet (6m) far**

