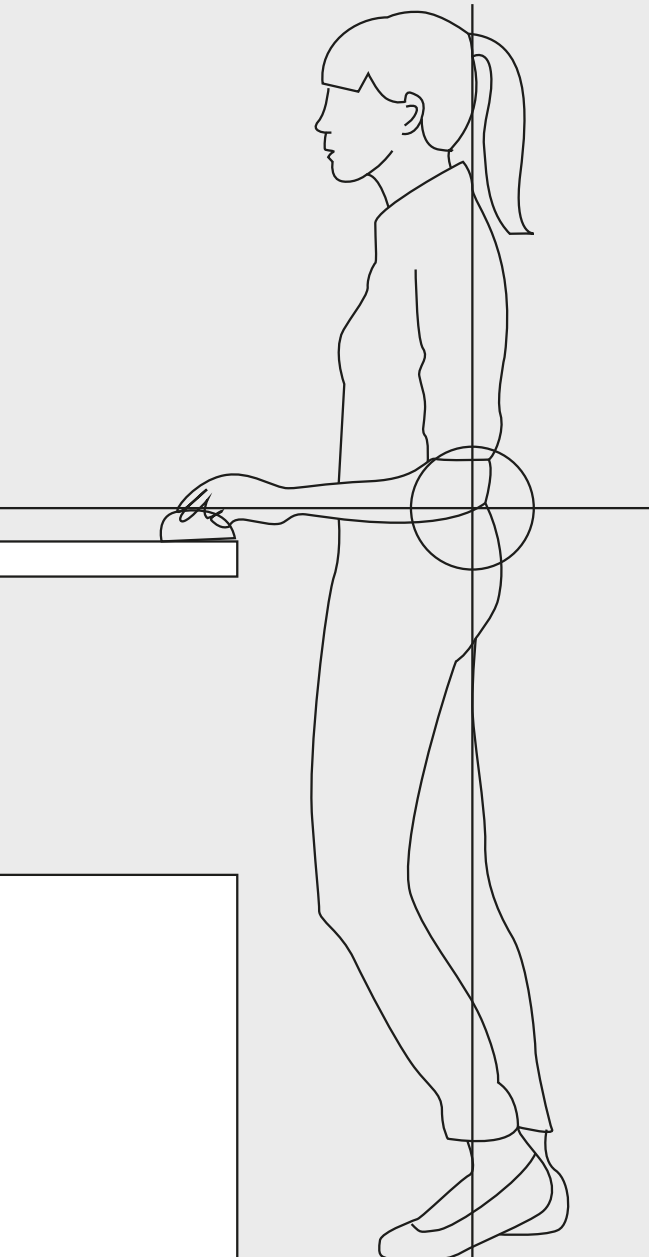


GENERAL PRINCIPLES STANDING DESK



- Feet placed firmly on the floor.
- Forearms supported at or just above the desk height.
- Shoulders should be relaxed, not hunched.
- Elbows relaxed at the side of your body when typing and using the mouse. Allow for an angle of 90°-110° when typing.
- Wrists straight and in line with your forearms.
- Keyboard angled flat, with G and H keys in line beneath the nose.
- Eyes in line with the top third of the screen.