

DESK ERGONOMICS

✓ RELAXED SHOULDERS

✓ BACK SUPPORT

✓ ARM SUPPORT

✓ THIGHS HORIZONTAL

✓ FEET FLAT ON THE FLOOR



✓ SCREEN AT EYE LEVEL

✓ RELAXED SHOULDERS

✓ ARM SUPPORT, 90 DEGREES

✓ WRISTS IN NEUTRAL POSITION

✓ OCCASIONALLY SHIFT YOUR WEIGHT FROM LEG TO LEG