



optimize fit + comfort in your space

don't let working from home be a pain. set up your space to support you in all the ways you work throughout the day. here are some helpful pointers to ensure you get the right fit for your furniture:

Space planning: Measure twice, order once

When planning your space remember to factor in enough room to easily move your chair in and out. You'll need at least 30" (76cm) from the edge of the desk for chair clearance.

Ergonomic tips: Maximize your comfort and well-being

- 1 Place monitor an arms-length away and 1" below eye level. You may need to adjust your monitor between sitting and standing.
- 2 Your mouse and keyboard should sit so that your elbows are at 90° and your wrists straight.
- 3 When sitting your chair should be adjusted so your hips and knees are at 90°, with your feet flat on floor and back against the lumbar. Both feet should be flat on the floor when standing.

Build up to standing: Your training program

Gradually increase the amount of time you stand up to give your body time to adapt to the new posture.

Weeks 0-6 Maintain a 3:1 ratio of sitting to standing

Weeks 6-12 Increase to a 1:1 ratio of sitting to standing

Weeks 12+ You can now progress to a 1:3 ration of sitting to standing

Experiment: Try new things

Explore what tasks are better suited to sitting vs standing.

