



Active Working

Advice for Ergotron WorkFit-S

Your Workfit-S sit-stand workstation allows you to position your work in the optimal ergonomic position - whether you are seated or standing. What is the optimal position? That depends on your unique body characteristics. The goal is a neutral posture for your spine and joints while you work.



Here is how to achieve the optimal ergonomic posture:

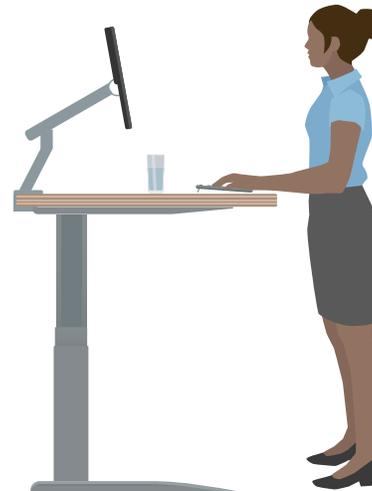
Desk height

Grab the handle on the worksurface to raise or lower your workstation, ensuring your forearms are parallel to your keyboard and elbows are at 90 degrees when you type.



Screen position

Position your screen approximately at arms-length from you, with the top of the screen about eye level.



Relax

Keep your head balanced and your shoulders relaxed.

Are you sitting comfortably?

Sit back in your chair ensuring good back support while leaving a 2" space behind your knees. Your feet should be flat on the floor.

Stand up for your health

Raise your workstation to a standing position ensuring your forearms are parallel to the desk when you type.

Always remember to move throughout your working day to promote good health.

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Frequently changing your posture and taking opportunities to move will help maintain the metabolic activity that breaks down fats and reduces blood glucose levels. Movement will also help you to maintain good postures and reduce muscle fatigue. As the following behaviors become routine, business efficiency should improve, along with your health and wellbeing.

While you work

If appropriate, stand in meetings & while on the phone. Rather than emailing, go and see people at their desks.



Standing

When standing at a desk, wear appropriate shoes. You could also alternate your stance with a footrest.

Hydrate

Drink plenty of water and take regular comfort breaks.



Frequent breaks

Spend 2+ minutes in some form of light exercise, even just walking around the office regularly.

Sit-stand workstations

Sit-stand workstations help facilitate movement. They give you the flexibility to choose when, how often, and for how long you'll change posture without affecting your work.

Ideal work pattern

Break your day into 30 minute chunks. According to 'Hedge's 3s ideal work pattern' developed by Cornell University, each chunk should look a bit like this...



20 minutes sitting



8 minutes standing



2 minutes moving or stretching

