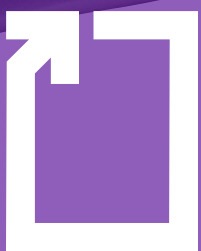


VOLUME 9



ERGONOMICS
guide



GOOD TO KNOW

Accessories for every affliction.

Neck, shoulder, and eye fatigue:

- Adjustable monitor stand
- Lumbar support
- Document trays

Back pain:

- Back support
- Footrest
- Sit-stand desk

Wrist or hand pain:

- Wrist support
- Sliding keyboard tray

Knee pain:

- Adjustable or dynamic footrest

Leg fatigue:

- Slanted or dynamic footrest
- Sit-stand station

Digital eye strain and dry eyes:

Apply the 20-20-20 rule. Every 20 minutes, look up from your screen and focus on an item approximately 20 feet away for at least 20 seconds.

THE KEYS TO A MORE ERGONOMIC OFFICE

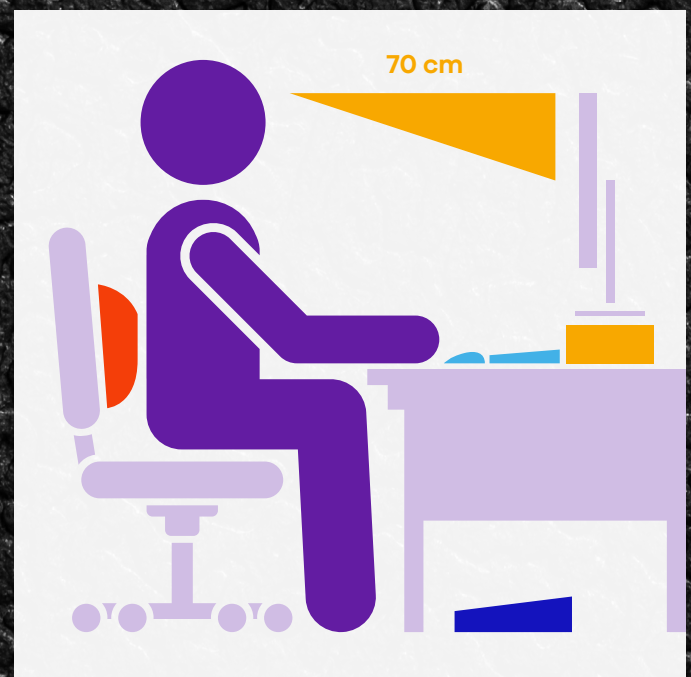
Adopt a neutral, natural, and comfortable posture at all times:

- Straight back and relaxed shoulders
- Thighs parallel to the ground
- Forearms supported and straight
- Elbows flush with the keyboard at a 90° angle
- Straight wrists and hands
- Feet firmly placed on the ground or on a footrest

Adapt the workstation to the user and not the other way around.

Several ergonomic accessories are available to achieve this:

- Monitor and laptop stands
- Keyboard and mouse trays
- Back cushions
- Footrests



BACK SUPPORTS

Benefits:

Back supports help relieve muscle tension and improve your sitting posture.

Types of back supports:

Back cushions

- Help maintain good back posture.

Lumbar cushions

- Provide a more pronounced support for the lower back. This is a vulnerable area as it supports most of your body weight throughout the day.

Extended backrest

- Provides support along the entire length of the back right up to the nape of the neck.

Mesh back support

- Breathable fabric for improved comfort.

Tip:

Most models have adjustable straps so you can customize the fit.

MONITOR STANDS

How to position your monitor:

The monitor should be placed approximately 70 cm from your face (about the length of your arm). Position the top of your screen level with your eyes so your gaze moves slightly downward.

Accessories for raising monitors and laptops on the desk:

- Height adjustable risers
- Adjustable articulated monitor arms

Tip:

Sit-stand desks are gaining in popularity as they allow you to switch up your position and adjust the monitor or laptop screen to the right height throughout the day.

KEYBOARD AND MOUSE TRAYS

The keyboard and mouse should be placed at elbow height or lower so your hand is aligned with your forearms that should be parallel to the floor.

Accessories to adjust your keyboard and mouse:

Articulated arms or pull-out keyboard trays

- Allow you to place the keyboard and mouse at the right height.

Mouse platforms

- Useful when there isn't enough space to place the mouse next to the keyboard.

Wrist supports

- Help keep your wrist in a neutral position without flexion.

FOOTRESTS

Benefits:

- Help keep feet planted and slightly elevated
- Improve posture
- Help reduce lower back pain
- Help prevent heavy legs
- Help stimulate blood circulation

Types of footrests

Can be adjusted for height and inclination

Dynamic

- Allows you to move your feet left to right and move your ankles around to stimulate blood circulation.

Tip:

Some footrests are equipped with ventilation and heating systems while others have a massage function that helps relieve pressure.

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