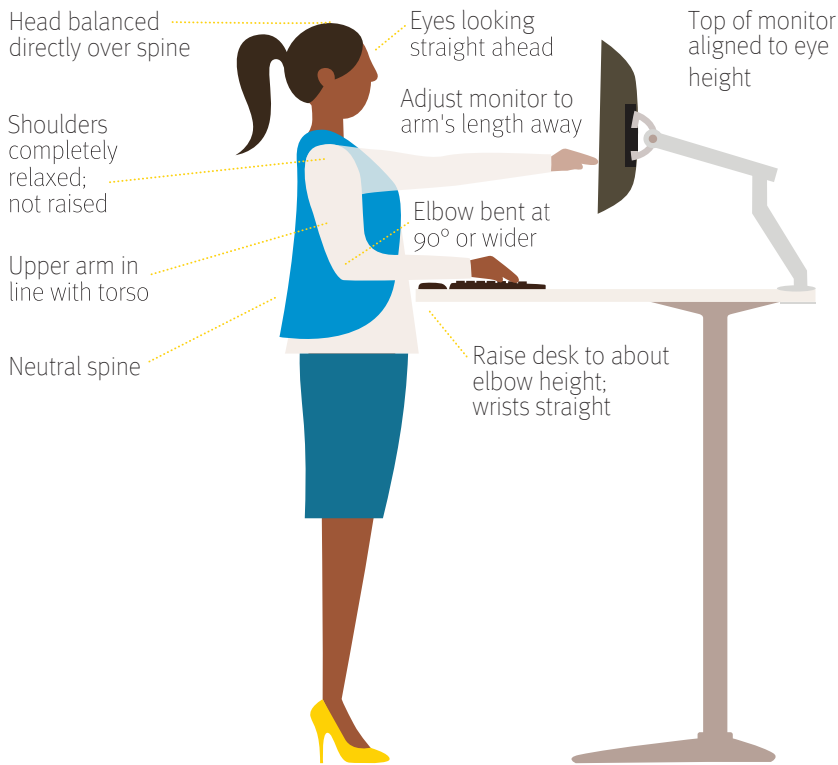


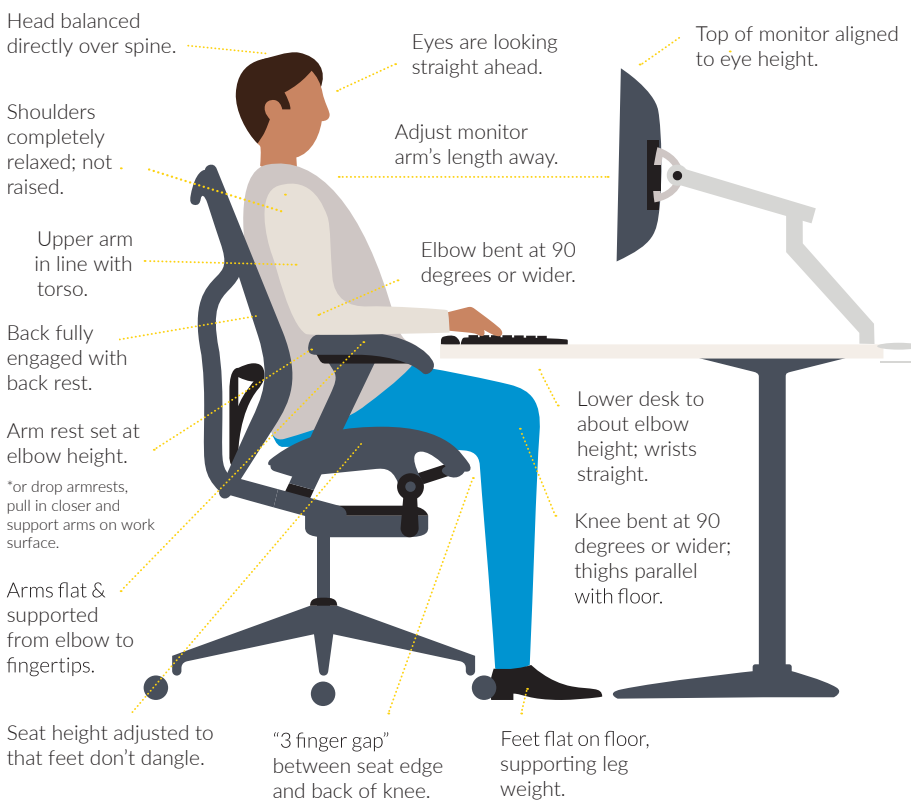
# GUIDE TO ERGONOMIC STANDING POSTURE



## Tips on healthy posture:

- » Always avoid twisting at the neck; stay centered and symmetrical.
- » Your eyes always “win.” The placement of what you look at (e.g. monitor, laptop) will affect head and neck position.
- » Avoid splaying at the elbows - make sure your arms are close to your body and upper arm is in line with torso.
- » Armrest use is optional and based on individual comfort and preference.
- » Movement is key for health and productivity. Changing postures often encourages blood circulation, bringing oxygen to the body and brain.

# MonkOffice GUIDE TO ERGONOMIC SEATING POSTURE



## Fixed-height desk?

These tools can help you get to the right height.

