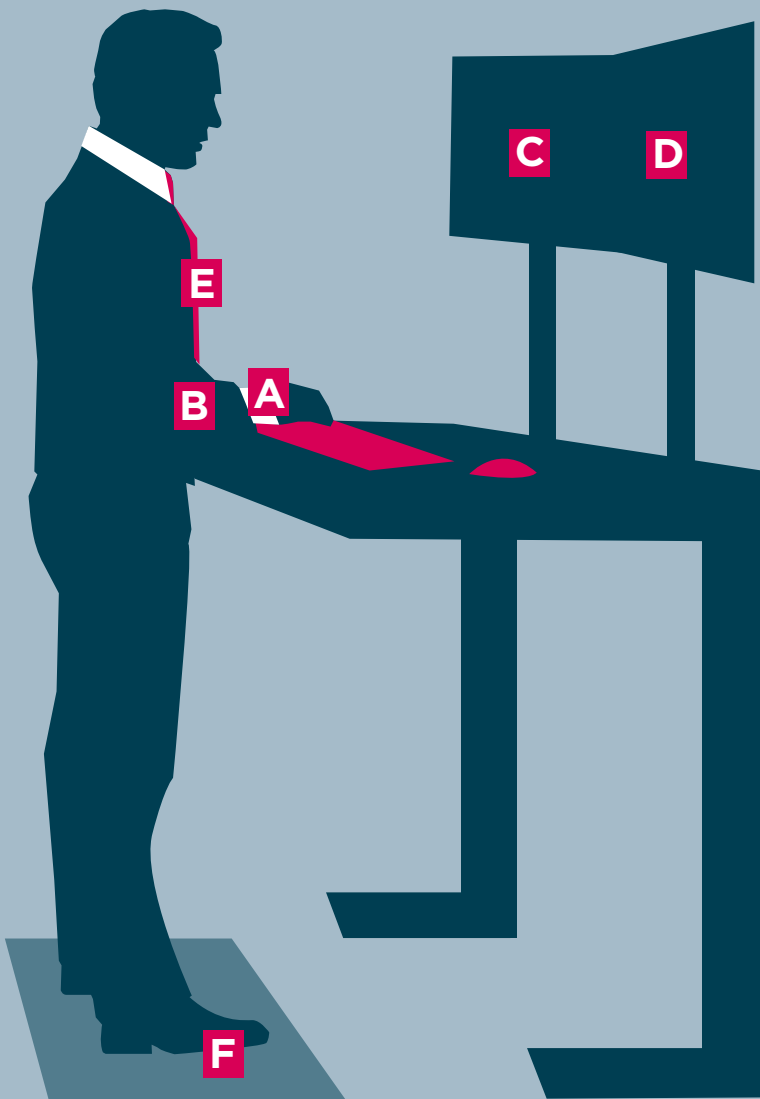


# The Good Standing

## GUIDE TO ADJUSTING SIT-STAND DESKS



### **A** Wrists

Relaxed, neutral position

### **B** Forearms

Parallel with floor

### **C** Primary screen

Eye level, arms-length away

### **D** Secondary screen

Positioned on the side your mouse is on

### **E** Body

Midline of body should align with center of primary monitor

### **F** Feet

Wear well-cushioned shoes, or use an anti-fatigue mat

