

Upper back straight with shoulders — relaxed at your sides.

Backrest of the chair supports curve in the lower back.

Hips as far back in the chair as possible.

Adjust seat to optimal height.

at eye level or slightly below.

Arms relaxed at sides with upper and lower arm forming a 90 degree angle.

Knees at a 90 to 100 degree angle to the hips with adjustable leg room above.

Feet flat on the ground or resting on a footrest.

Heyon



Sanitize your desk and surfaces regularly



Keep healthy snacks on hand.



Stay hydrated throughout the day.



Get up and move every half hour.



Stretch at your desk.



Get some fresh air.



Avoid eating at your desk.



Avoid slouching at your desk.



Remember to blink often when staring at a computer for long periods of time. Take a screen break to reduce eye strain.