Standing neutral posture

- Top of monitor adjusted to eye level or up to 2” higher than eye level. Monitor approximately arm’s length away.
- Keyboard surface slightly below elbow height
- Elbows resting next to torso and not lifted or extended
- Maintain slight bend in the knees; avoid locking knees
- Feet flat on the floor or with one foot on a footrest

Alternate between sitting and standing regularly, standing up to 20-30 minutes per hour. When seated, feet should support the body and contact the floor or a footrest adequate to fully support the entire soles of both feet. Avoid dangling feet while seated.

General guidelines:
- Consider utilizing an anti-fatigue mat.
- Maintain movement and avoid prolonged static or nonneutral postures.
- Alternate feet on footrest frequently.
- Avoid prolonged standing.

Learn more and watch the video at saif.com/ergo.