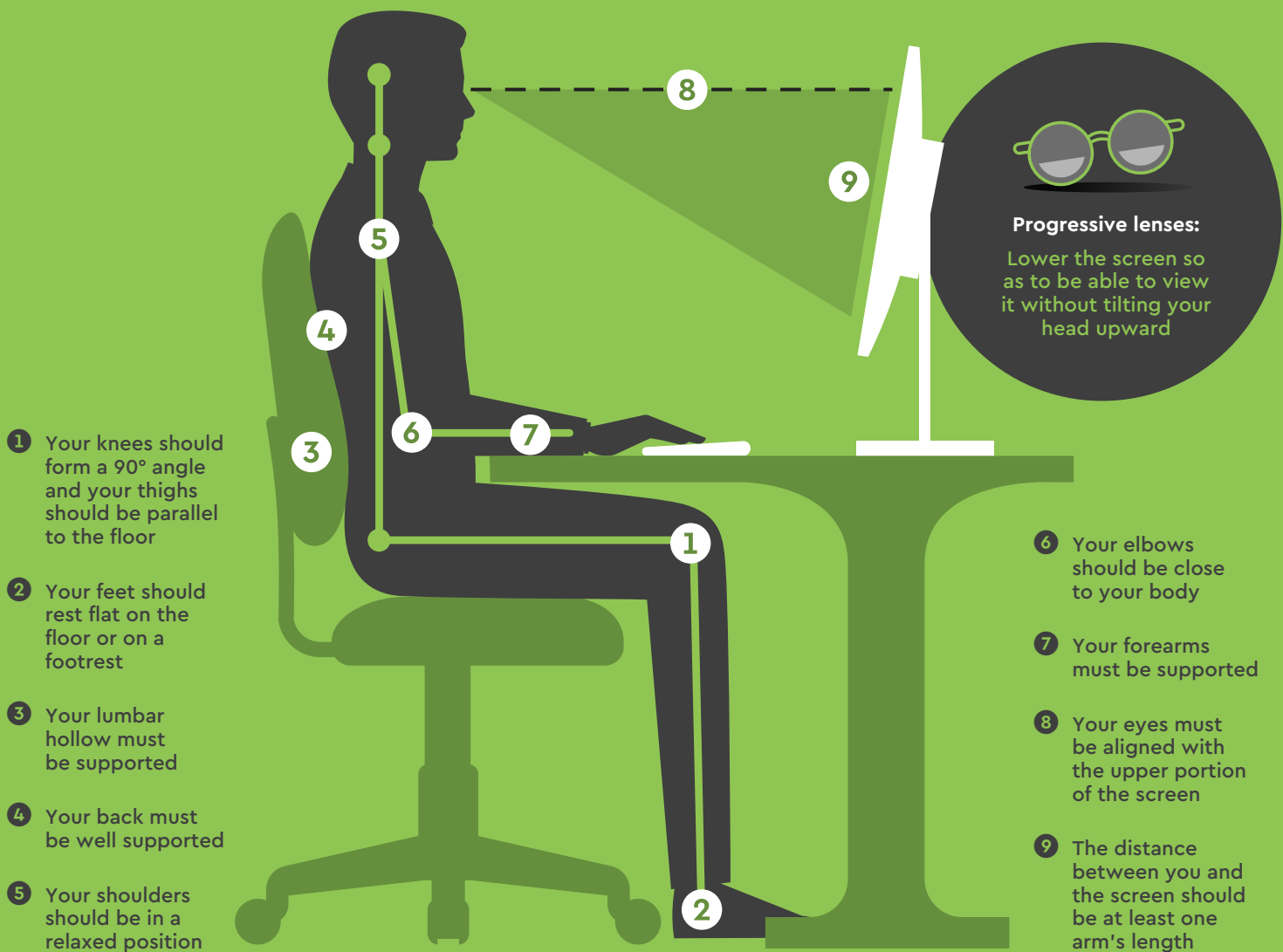
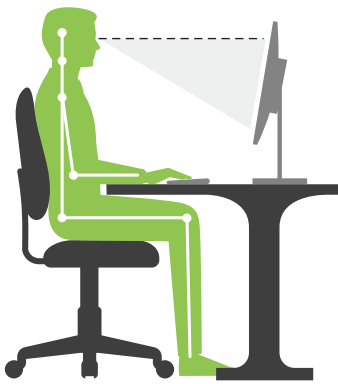


Office Ergonomics

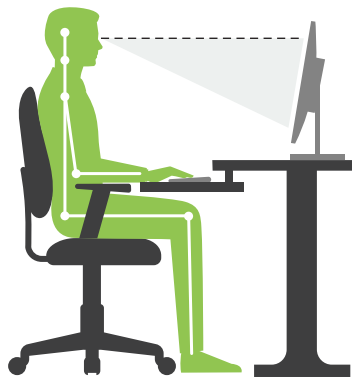


Different Options



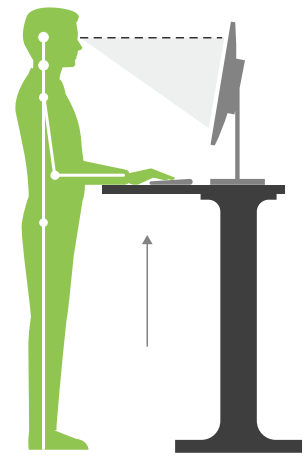
Fixed Work Surface

- Makes it easier to handle paper while working at the computer
- The forearms can rest directly on the work surface or on the armrests if they do not restrict movement
- Requires proper adjustment of the height of the office chair to avoid awkward postures
- Requires the regular use of a footrest if the surface is too high



Workstation with Keyboard Tray

- Makes chair adjustments easier if the handling of documents is limited
- Allows your feet to rest flat on the floor in most cases, which then makes it easier to stand up
- Working tools are farther away from the user, so a greater range of movement is required to reach them
- Involves readjusting the height of the chair to work on the main surface



Sit and Stand Desk

Our recommendations

- The proportion of work in a seated position should be about 2/3 of the time and 1/3 of the time in a standing position
- Do not exceed 20 to 30 minutes (or less, depending on tolerance) in a static standing position
- The footrest can be used to vary the standing posture
- Remember that sitting and standing are static positions, therefore you must take the time to move about every hour