

Protect Your Spine

Ergonomics while Teleworking

Chair

Adjust the height of the chair so that your feet are flat on the floor and your knees are at a 90-degree angle.

Adjust the seat depth so that there is a small gap between your heel and the seat.

Adjust the backrest so that it is slightly reclined.

Monitor

Adjust the height of the monitor so that the top of the screen is at eye level.

Adjust the distance from your eyes to the monitor so that you can see the screen without straining.

Adjust the tilt of the monitor so that it is slightly tilted back.

Adjust the brightness and contrast of the monitor so that you can see the screen clearly without straining.

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