



# My TOP 5 ERGO NOMIC TIPS

## 1 Adjust your chair and your desk height to your body

Aim at an angle **90-110°** in your knees and your elbows. Your chair and your desk heights should allow your arms to be slightly tilted downwards.

## 2 Keep your keyboard as flat as possible

An **angled wrist** can lead to increased pressure on the median nerve and thus in the long run lead to **carpal tunnel syndrome**, a painful nerve constriction with pain, numbness, tingling and falling asleep of the thumb, index, middle and half of the ring finger.

## 3 Place your screen one arm length away from you

The distance of your screen depends on the size of your screen.

General recommendations are:

- ✓ for a 15-inch screen: at least **50 cm**
- ✓ for a 19-inch screen: at least **70 cm**
- ✓ for a 24-inch screen at least **80-100 cm** distance

## 4 Adjust the height of your screen so that you can look over the top without having to lift your head

A **monitor** that is **too high** leads to strain on the neck and can cause head, neck, and shoulder discomfort or pain.

# My TOP 5

## Once an hour move your body: get up, walk or stretch your body

Screen work tires your eyes, makes your body ache and increases your risk for **"civilisation diseases"**. And contrary to general belief, short breaks once an hour increase your productivity!

Your best sitting position is your next one.

*Luis*