

HOW TO SET UP YOUR WORKSTATION



THE IDEAL WORKSTATION

01

Make sure you start with a comfortable chair that has a lumbar support. If your feet struggle to touch the floor, you should also opt for a footrest to ensure your feet have somewhere to sit

02

Keep your screen at eye level, this will help to avoid your neck straining up or down

HELPING YOU TO WORK COMFORTABLY

03

If using a laptop, have a separate keyboard and mouse

04

Opt for a headset if you are on the phone a lot

05

Consider a sit-stand desk for more movement whilst working