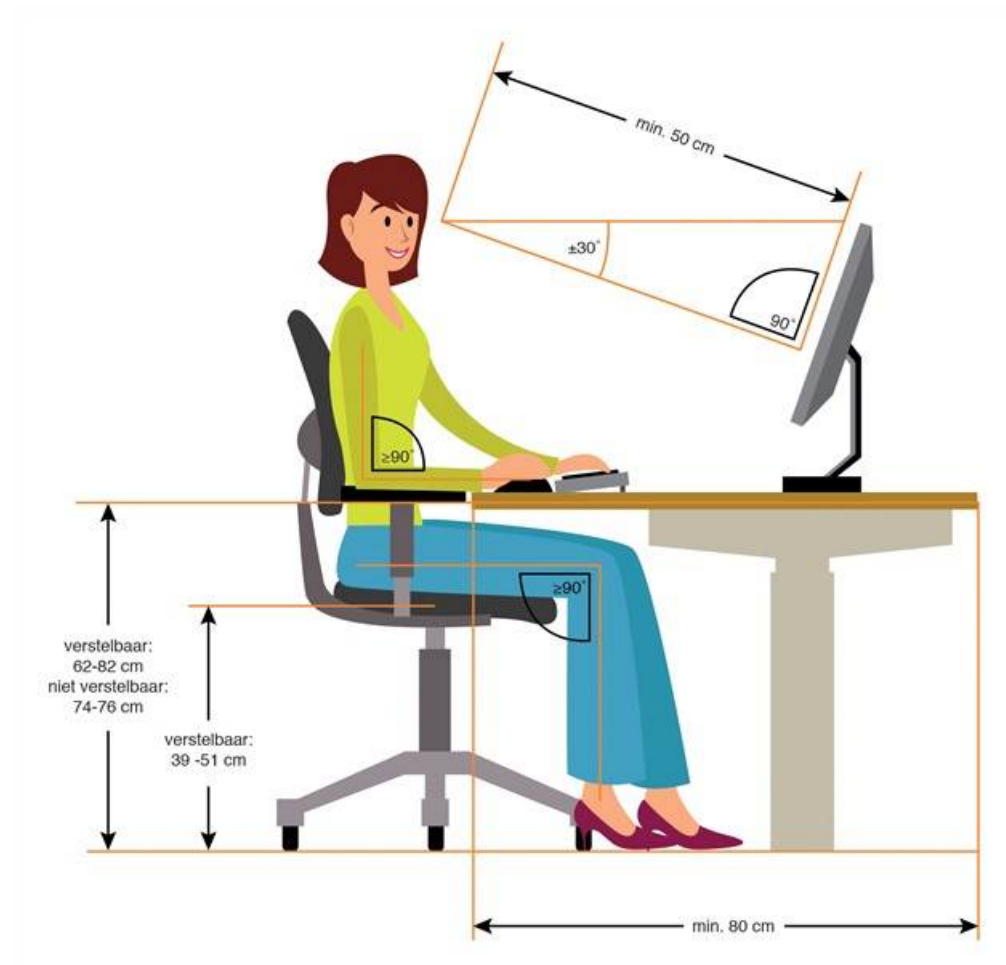


Adjusting your Work Place at home (pics and text)



How to adjust your workplace (at home)

It is important to work in a good and healthy way, to be productive and stay physically healthy. We provide you with some tips to adjust your workplace to prevent RSI problems.

Sitting height

The height of your seat should be that high, that your hips are a little higher than your knees.

Backrest

The backrest should be in a relaxing position for your back when you work.

Armrests

When your shoulders are in a relaxed position and your arms are supported, you found the right height for your armrests.

Desk

Your desk / table should be as high as your armrests.

Monitor

Make sure that your monitor is on the ideal viewing height, as your neck is in a relaxed position when you look at the monitor. Make sure that you connect your laptop with an external monitor (and if you haven't one, pick that up at one of our offices!)

Laptop

Do you use your laptop screen as second monitor? Make sure it is on a laptop stand!

Keyboard and mouse

Make sure that your keyboard and mouse can be used close to your body.