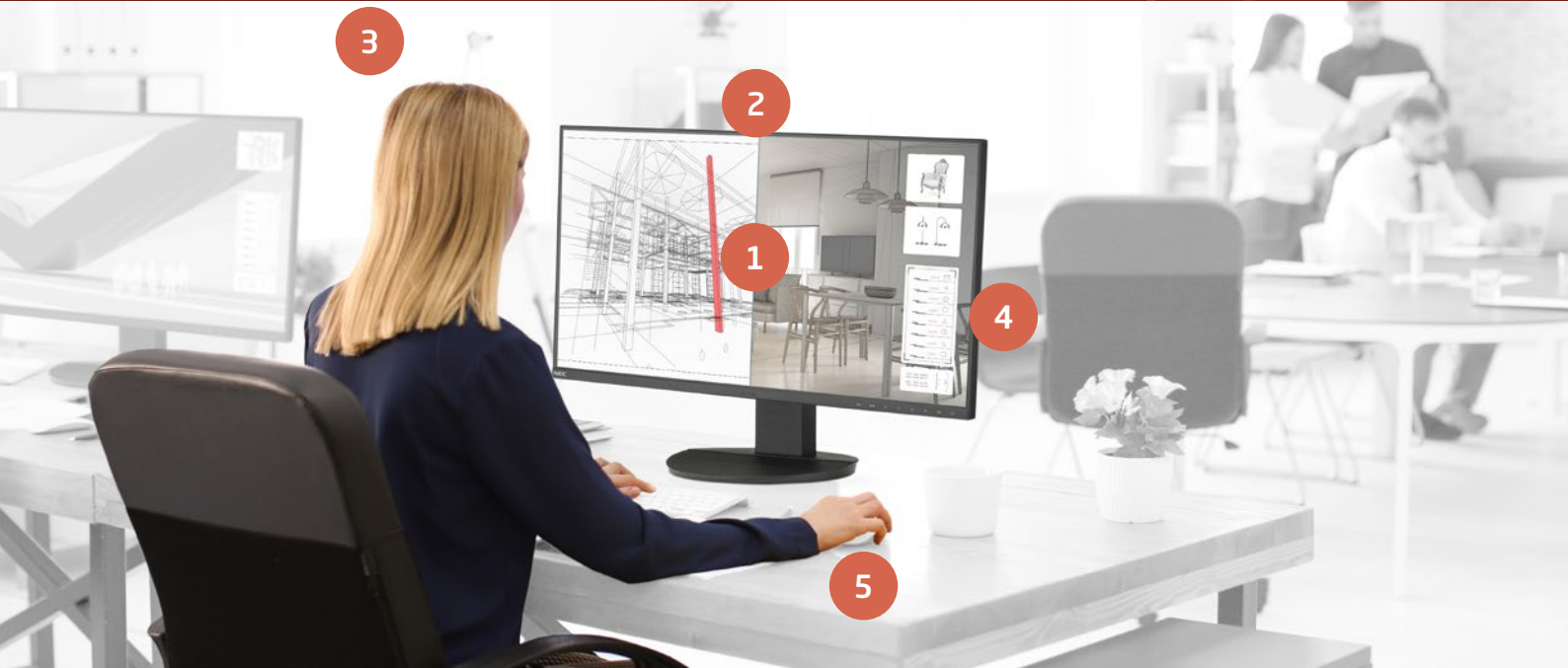


# 5 tips for better ergonomic working results

A simple way to protect your health



No matter if in upright sitting or standing posture the following 5 tips help to increase health and well-being at the workplace.

## Tips

- 1.** Place the monitor directly in front of you, about an arm's length (50 – 70 cm / 20" to 28") away.
- 2.** The top of the screen should be slightly below eye level. The monitor should be directly behind your keyboard.  
Height adjustable mounts allow for precise adjustments to ensure the perfect display height for every working place and every screen user.  
Tilt the display in the way to achieve a 90° angle between eyes and display surface.
- 3.** Place your monitor so that the brightest light source is to the side.
- 4.** The optimum monitor surface height for most general office applications is around 29 to 33 centimeters (11.5" to 13") which applies for 23" to 27" monitors having a 16:9 or 16:10 screen ratio and for 29"+ desktop monitors with a 21:9 screen ratio.
- 5.** Hands, wrists, and forearms are straight, in-line and roughly parallel to the floor, hands at or below elbow level and elbows stay in close to the body and are bent around 90 degrees.

