

5 Steps to the Optimal Workspace

STEP 1



Sit Correctly and Dynamically on an Office Chair

Ergonomic footrests for desks provide a comfortable sitting position and help prevent back and shoulder problems.

► [View Footrests](#)

STEP 2



Alternate Between Sitting and Standing at a Height

Alternating between sitting and standing offers a greater variety of work positions; resulting in less discomfort for the back, neck and shoulders.

► [View Sit-Stand Desk Risers](#)

STEP 3



Choose the Right Ergonomic Computer Mouse

Ergonomic mice can partially counteract the pain and discomfort caused by the wrong mouse and make working more comfortable.

► [View Mice](#)

STEP 4

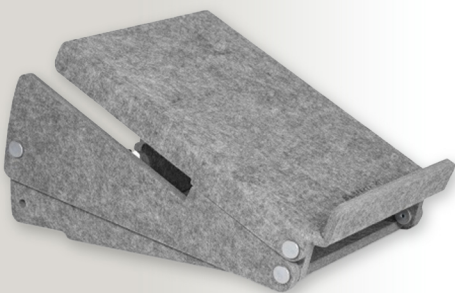


Use an External Compact Keyboard

Ergonomic Keyboards create a healthier posture lowering the pressure on the lower arms, preventing complaints.

► [View Keyboards](#)

STEP 5



Set the Correct Screen Height and Viewing Distance

Laptop stands elevate the laptop screen and shorten the viewing distance; reducing neck strain so users work more comfortably.

► [View Laptop Stands](#)