## Proper Stand-Up Desk Ergonomics

Head, neck, torso, and legs are in line.

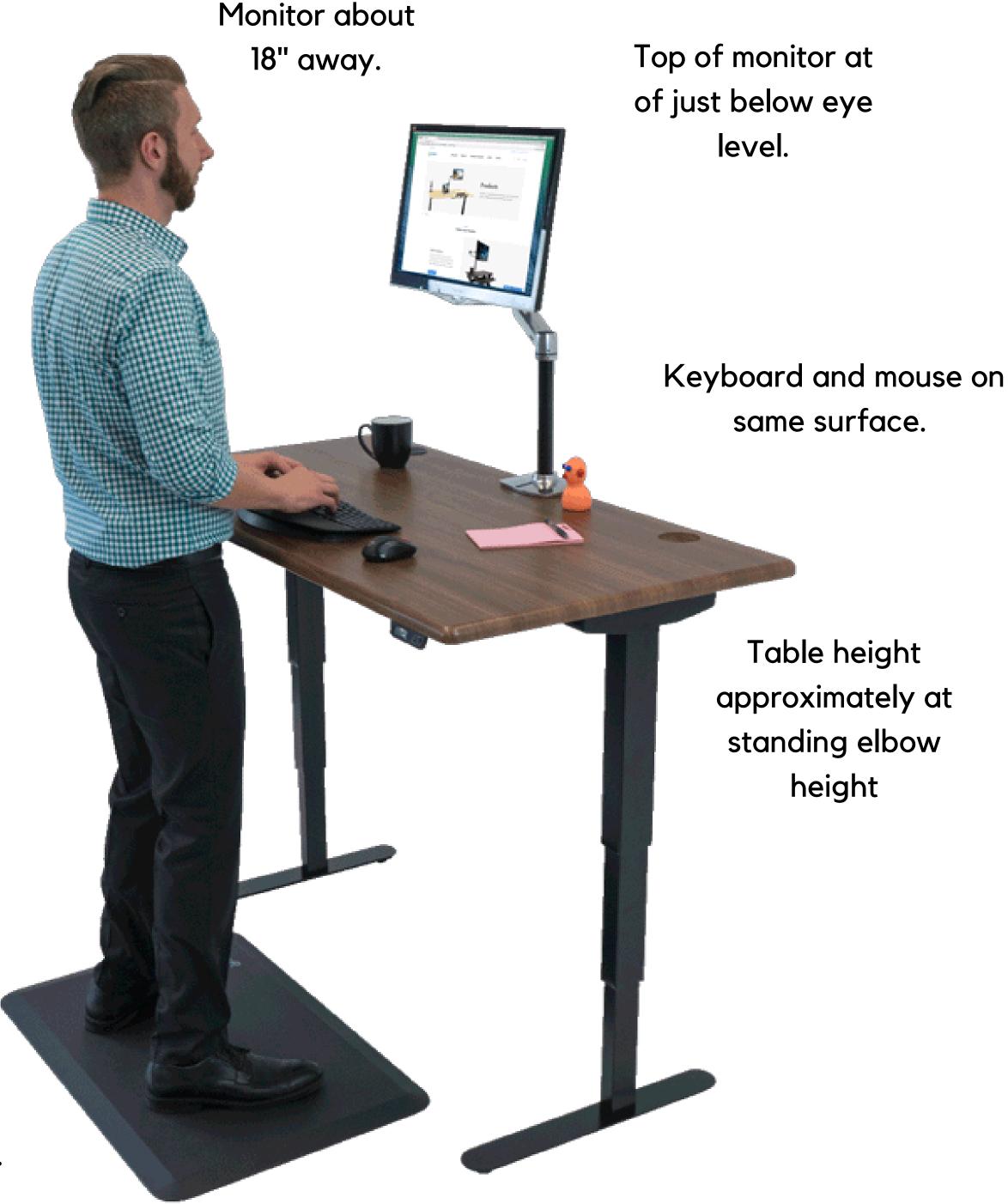
Shoulder back, not

rounded forward.

Keep wrists straight (180°) and upper arms close to body.

Shift weight from one leg to another from time to time.

Use comfortable shoes, no high heels.



Standing desk mat helps reduce fatigue

Source: <u>StartStanding.org</u>