

Proper Stand-Up Desk Ergonomics

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

Monitor about
18" away.

Top of monitor at
of just below eye
level.

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.



Keyboard and mouse on
same surface.

Table height
approximately at
standing elbow
height

Standing desk mat helps
reduce fatigue