

# ERGONOMIC ESSENTIALS FOR A TRANSFORMED WORKSPACE

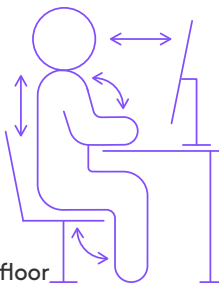
Poorly equipped workspaces increase muscle fatigue and discomfort. In a hybrid work model, longer working hours and added screen time only increase the strain – and potentially the pain. An ergonomic setup can help. Simple changes improve posture and reduce muscle activity.



Here are best practices for comfortable computer work in any workspace.

## ERGO SETUP 101

- Screen at eye level and an arm's length away (fist closed)
- Wrists straight, with no bending from side to side or up and down
- Wrists elevated (or at least not pressing on a hard surface) to relieve pressure and align your forearm
- Elbows at a right angle
- Knees at a right angle
- Lower back supported
- Feet flat on the floor



## TIPS TO TRY IN YOUR WORKSPACE



- If using two screens, place the main screen directly in front and the other right next to it to avoid excessive neck movement.
- Align the H key of the keyboard to the middle of the body to sustain correct posture.
- To stabilize the pelvis, feet should rest firmly on the floor so that it rests on the sitting bones, with the back on a lumbar support. If a good office chair is not an option, add a lumbar cushion to existing chairs.

## TIPS TO EQUIP YOUR WORKFORCE

- A mouse with advanced optical tracking and cursor speed switch results in less hand movement – four times less, according to [Logi Ergo Lab](#) research – reducing muscle and hand fatigue.
- Minimalist or reduced-width keyboards with no numpad make room for a mouse to be placed closer to the center of the body, reducing shoulder movement and any strain from reaching.
- One size does not fit all. To maximize the productivity opportunities of [ergonomic mice and keyboards](#), look for models designed to accommodate left- and right-handed users, as well as multi-size options sculpted to fit a range of hand sizes.