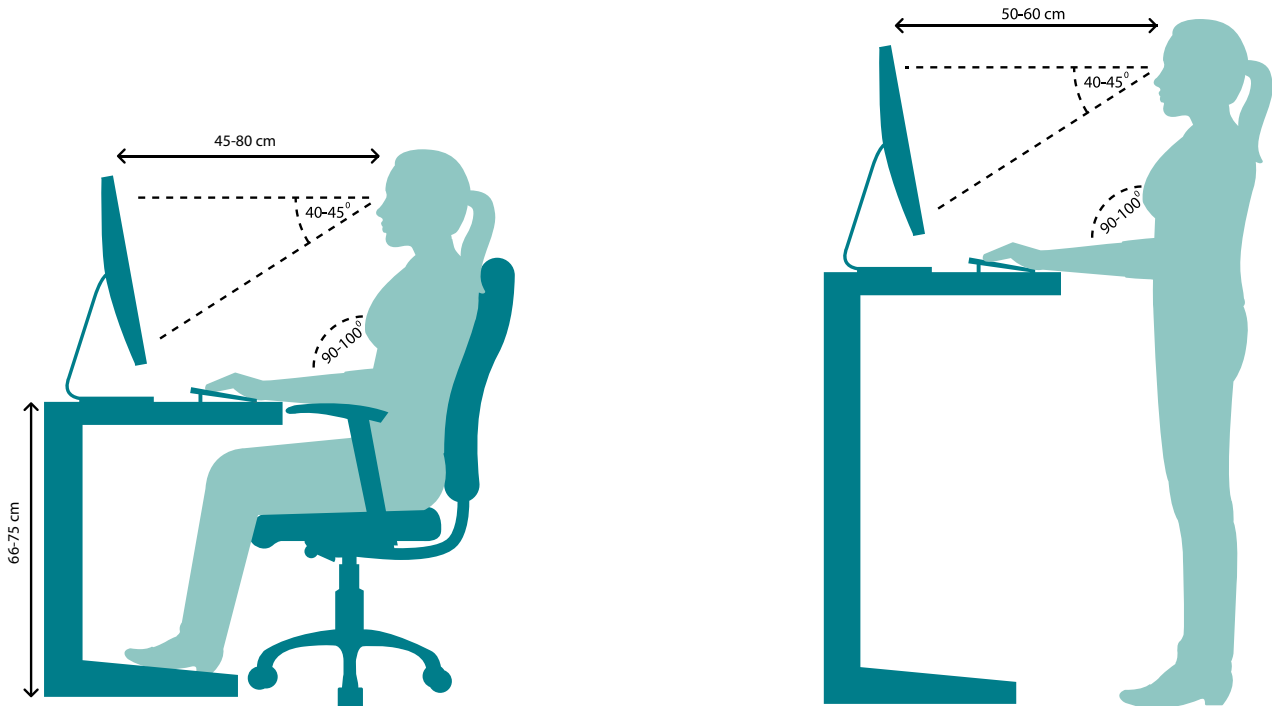


How to adjust your chair and desk properly



For desks with a fixed height, the work surface should be 72 centimeters high.

Adjustable desks should be set to a height between 66 and 75 centimeters.

There should be enough **space under the desk** – at least **70 centimeters deep, 65 centimeters high, and 85 centimeters wide**. This really is the space for your legs – so you can move them freely.

Place waste bins and computers under the desk only if your legs still have enough free space.

The **distance between your eyes and the monitor** should be **between 45 and 80 cm**. Your keyboard and the documents you are working on should be at about the same distance from your eyes as the monitor.

Your **upper and lower arms should form an angle of at least 90 degrees** to the work surface. Your shoulders should be relaxed, and your upper arms should hang loosely. Your feet should touch the floor – or, if needed, a footrest – with the entire surface of your feet. **Your thighs and lower legs** should also form an **angle of at least 90 degrees**.

The seat surface should be about at the height of your knees. **Important: Use the entire seat surface of your chair. Only then can you lean back properly.**

A footrest is always useful if you have a desk with a fixed height that is too high for your body size. In that case, the footrest supports your legs and helps you sit upright and comfortably.