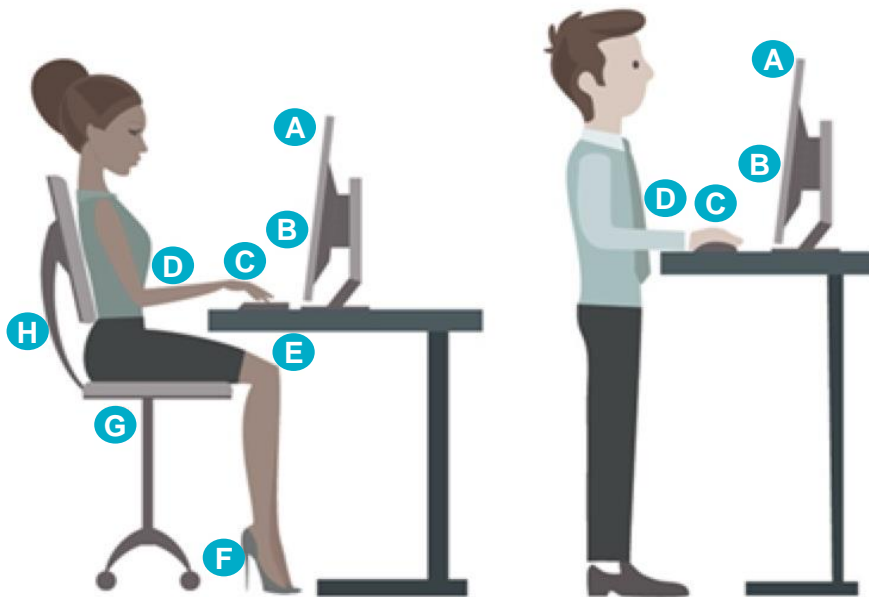


# Palette of Posture

Steelcase®

Today's workplace needs spaces that encourage people to sit, stand and move throughout their day, while supporting the different kinds of work they do and the multiple technologies they use.

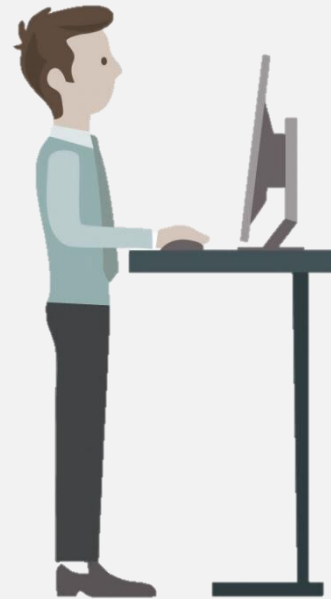


- A. Eye level even with top of monitor.
- B. Viewing distance 15-30 inches.
- C. Elbow angle 90° and close to body
- D. Wrists straight.
- E. Knee angle 90°.
- F. Foot rest or flat feet.
- G. Seat height 15-20 inches.
- H. Lower back support.

## TIPS FOR STANDING + WORKING

- Stand with feet hips width apart
- Avoid locking your knees
- Make sure your worksurface is at a height that is near resting elbow height
- Switch positions frequently – even if you are on your feet
- Try standing for 15 min every hour
- If you get tired, sit down!
- Find balance.....you do not need to sit or stand all day.....change positions

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The latest research confirms that sitting smart, when combined with standing and walking options, can have a big impact on worker wellness and productivity.