Walkstation Ergonomic Tips

Ergonomic tips for healthy working and walking:

- Remember to maintain an active upright walking posture.
- Adjust the monitor to your eye level and 18 – 23 inches away from your face.
- Your keyboard should be at elbow level with your wrist in a neutral position.
- Place your mouse at elbow level near to your keyboard.
- Your phone should be at elbow level next to your keyboard.
  Use of a headset while operating the Walkstation is strongly suggested.
- Wear comfortable, closed-toe shoes that provide suitable support for walking.
- Keep items within close reach.

For further information, please go to the Details website details-worktools.com or call 800.833.0411

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