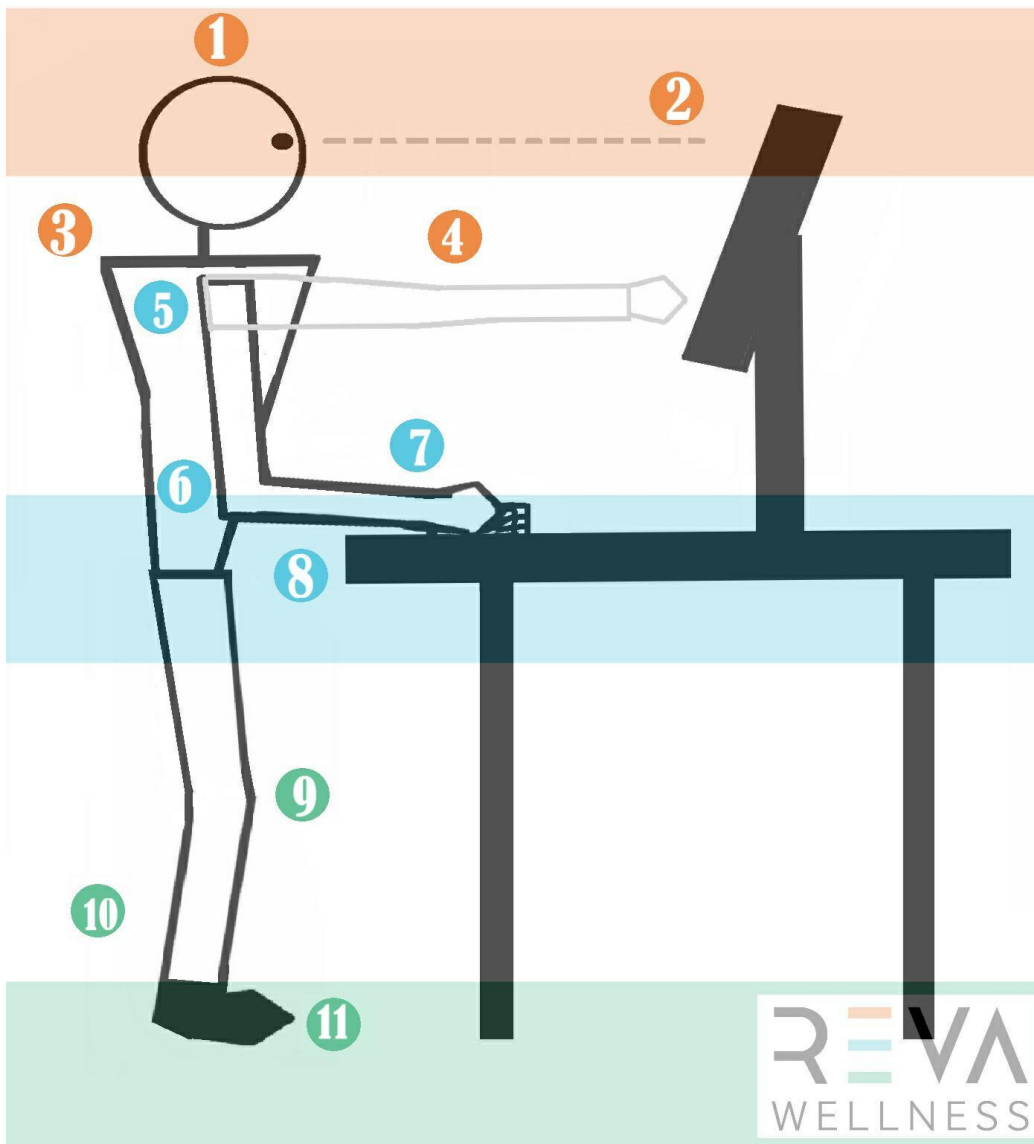


Standing Desk – Check List



●	Description	✓/✗
1.	Head over shoulders with neck relaxed	
2.	Top of monitor at eye level	
3.	Standing up straight, leaning forward no more than 20°	
2.	Monitor at least one arm's length away	
5.	Shoulders relaxed, but not forced down	
6.	Abdominals slightly tensed to support lower back	
7.	Wrist neutral, in line with forearm. The keyboard and mouse should be accessible without reaching arms	
9.	Desk approximately elbow height with elbows 90° degrees and forearms horizontal	
10.	Knees "soft" (not locked out)	
11.	Supportive shoes	
12.	Feet and legs frequently changing position	
13.	Standing only as tolerated, maximum of 30 minutes at a time	