Proper Stand-Up Desk Ergonomics

- Monitor about 18” away.
- Top of monitor at just below eye level.
- Keyboard and mouse on same surface.
- Table height approximately at standing elbow height.
- Standing desk mat helps reduce fatigue.

Head, neck, torso, and legs are in line.

Shoulder back, not rounded forward.

Keep wrists straight (180°) and upper arms close to body.

Shift weight from one leg to another from time to time.

Use comfortable shoes, no high heels.

Source: StartStanding.org