

Wellbeing at work

Working at your best starts with taking care of yourself. The following ergonomic tips will help you stay comfortable and engaged in your work:



Movement

Changing postures throughout the day will reduce back pain and keep you more alert. Stand 15–30 minutes of every working hour.

Posture

Finding the right fit between our bodies, tools, and tasks can keep you comfortable and healthy. Set your surface height so your forearms are parallel to the floor. Set your seat height so your legs are at a 90° angle.

Technology

Pull your monitor towards you instead of leaning forward to avoid strain. When using two monitors, align them in front of you according to your time spent looking at each screen to minimize head turning.



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workplace wellbeing.