

Desk Posture

Body & health

How to set a chair, desk and screen so a working day does not accumulate.

Work from the ground up. Each step depends on the one before it being right.

1

Feet flat

On the floor or a footrest. Thighs roughly parallel to the ground.

2

Knees and hips ~90°

Hips very slightly higher than knees. A gap of two fingers behind

3

Chair supports the lower back

Sit back into it. A cushion works if the chair does not.

4

Elbows ~90°, shoulders down

Raise the chair to meet the desk, not the other way round.

5

Screen at arm's length

Top of the screen at or just below eye level.

6

Move every 30 minutes

Stand, walk, look at something far away for 20 seconds.

THE 20-20-20 RULE

Every 20 minutes

look at something 20 feet away
for 20 seconds

The best posture is the next one. No position is good enough to hold for three hours.