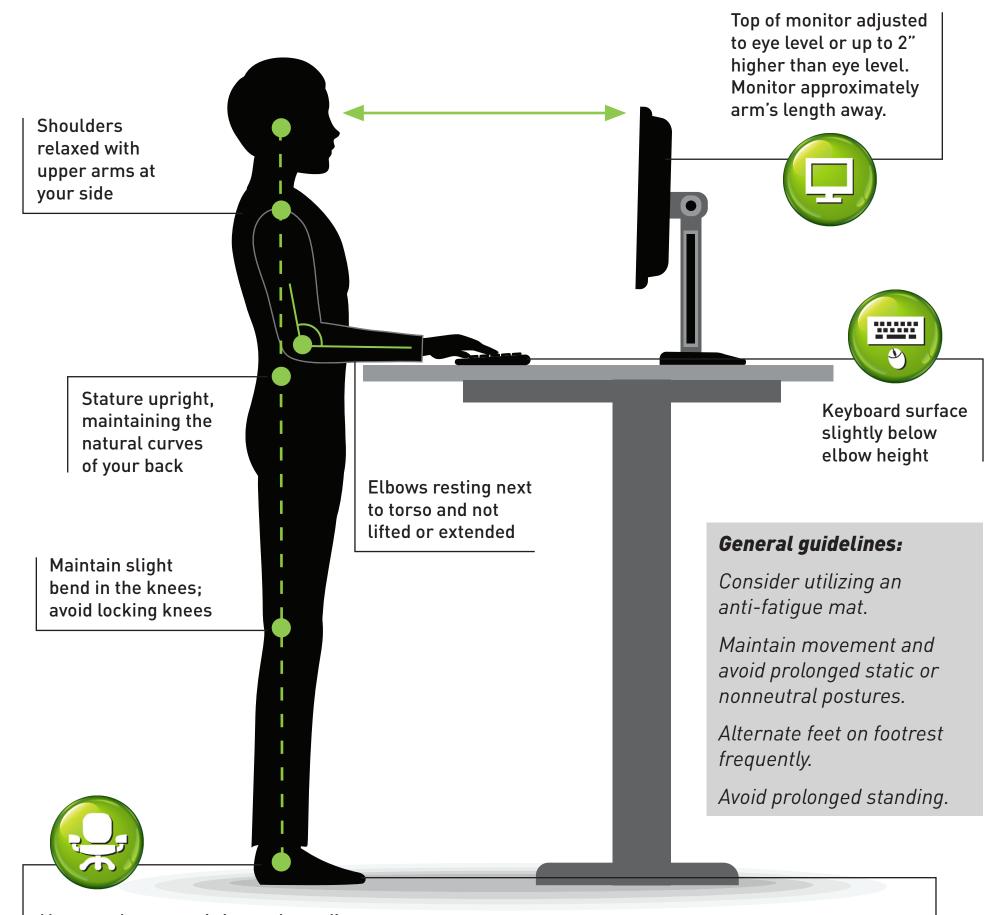
Office ergonomics: Simple solutions for comfort and safety

Standing neutral posture



Alternate between sitting and standing regularly, standing up to 20-30 minutes per hour. When seated, feet should support the body and contact the floor or a footrest adequate to fully support the entire soles of both feet. Avoid dangling feet while seated.

Feet flat on the floor or with one foot on a footrest

