

# Walkstation Ergonomic Tips



## Ergonomic tips for healthy working and walking:

- Remember to maintain an active upright walking posture.
  - Adjust the monitor to your eye level and 18 – 23 inches away from your face.
  - Your keyboard should be at elbow level with your wrist in a neutral position.
  - Place your mouse at elbow level near to your keyboard.
  - Your phone should be at elbow level next to your keyboard.
- Use of a headset while operating the Walkstation is strongly suggested.
- Wear comfortable, closed-toe shoes that provide suitable support for walking.
  - Keep items within close reach.

For further information, please go to the Details website [details-worktools.com](http://details-worktools.com) or call 800.833.0411

P.O. Box 1967 / CD-5E Grand Rapids, MI 49501-1967

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