



ERGO TIPS

Get A Leg Up On Office Comfort

Sitting can take a toll on deskbound workers' lower limbs.

Consider these healthful guidelines to kick off a new era of comfortable computing.

Knee Space

Curb behind-the-knee compression. Adjust the depth of your seat pan to ensure one or two inches of space remain between the back of your knees and the front edge of the chair.

Footrests Rock

Sit down with a rocking footrest to improve leg circulation. Prolonged, inactive sitting can cause blood clots and varicose veins in the lower limbs and put pressure on the Achilles tendon.

Get On Your Feet

Take a stroll around the office at least once or twice each hour to stretch your gams and get the blood flowing again from hip to toe.

Hot Pants

Slip your laptop into something more comfortable—a tabletop holder—and install a separate keyboard and keyboard support to take the heat off your thighs.

Touch Down

To remain fully supported while seated, adjust your chair's height so that your feet touch down flat on the floor or a footrest.

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