

SMART HEALTH SCHOOL PROGRAM

BUILDING your standing workstation



- **Elbows 5-10mm above desk**
- **Adjust screen height**
- **Top third of screen level with eyes**
- **External flatscreen or laptop riser/box**
- **Get as close as you can to ideal setup**

The closer to perfect you get the more comfortable you'll be



Smart Health

Training & Services

www.smarthealthtraining.com.au