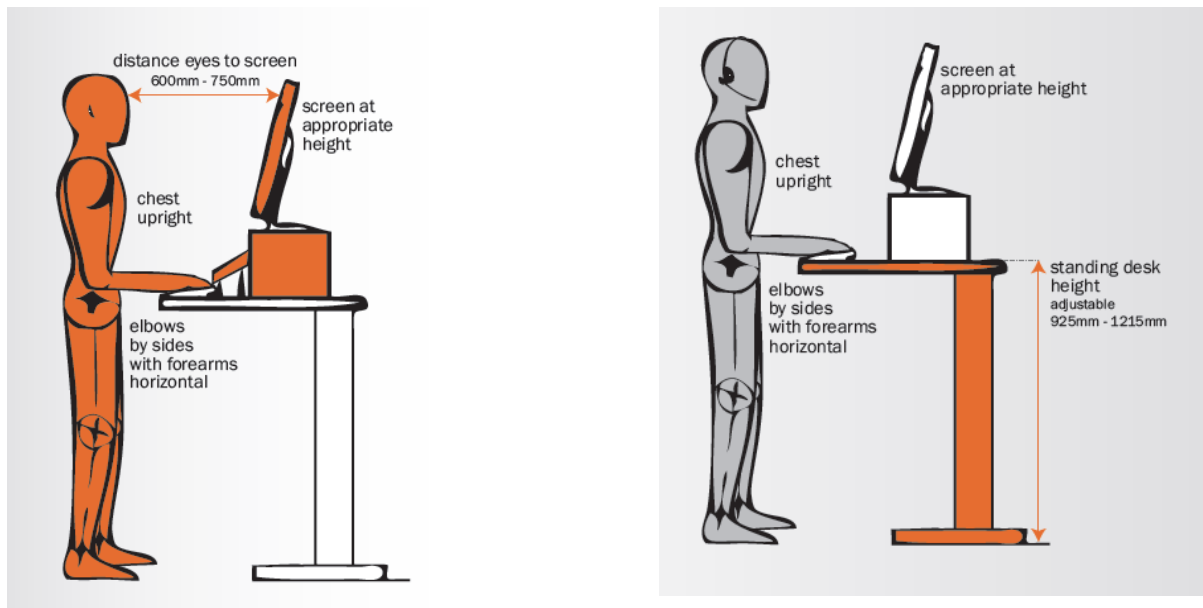


SMART HEALTH SCHOOL PROGRAM

SCHOOLS STANDING WORKSTATION SET-UP



SMART HEALTH RECOMMENDS:

- Make sure the screen is a comfortable viewing distance away
- The top third of the screen should be at eye height
- Change positions from sitting to standing every 20 to 30 minutes initially
- Regularly change foot position for comfort (if not accustomed to standing at a computer, introduce this gradually with sitting)
- Stand symmetrically. Avoid rocking across onto one hip. Avoid locking knees fully
- Ensure supportive, well cushioned footwear
- Elbows relaxed by sides with the desk 5-10mm below resting elbow height
- Avoid overreaching for mouse or keyboard (keep mouse & keyboard close to front of the desk)
- Laptops placed on a riser so that the top third of the screen is level with the eyes
- Use a separate keyboard and mouse if using a laptop
- Use a document holder or inclined reading board when using paper documents to key into the computer
- Anti-fatigue floor matting may be used to guard against foot discomfort if standing on hard floors