# SIT-STAND WORKSTATION

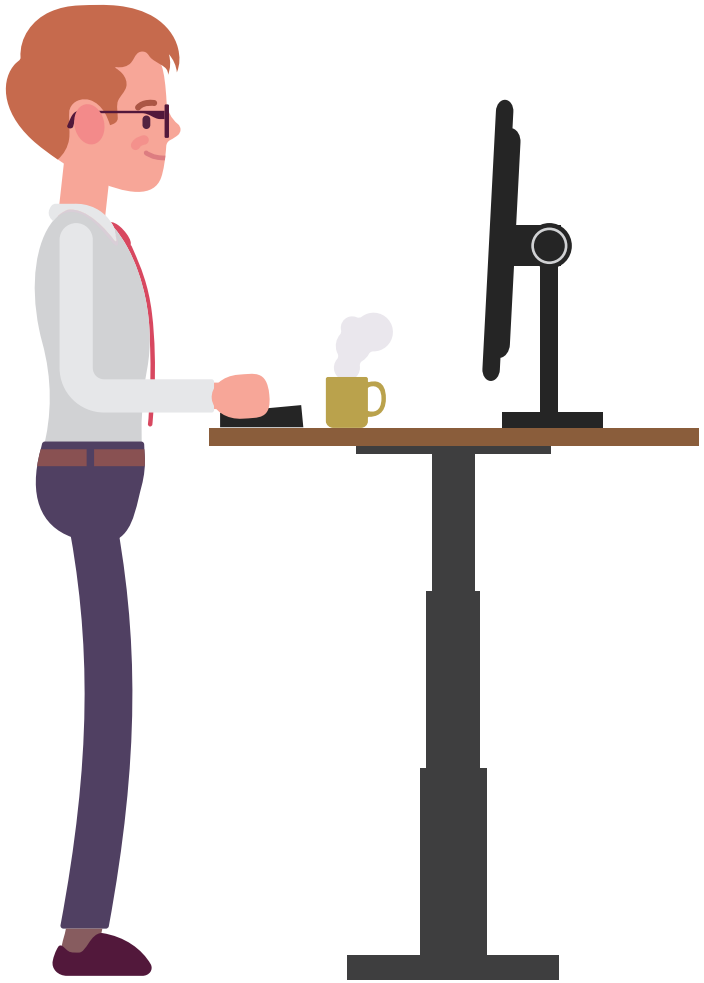
*. Proper setup .*

**Monitor**
Top of screen should be at eye level

**Rotation**
Up to 45 min sitting
Up to 20 min standing

**Desk Height**
Desk at elbow height in sitting and standing

**Movement**
Take a 2 min walk at least once an hour



ewi works.
INNOVATIVE ERGONOMIC SOLUTIONS