



# THE ULTIMATE GUIDE

TO CREATING AN ERGONOMIC WORKSPACE





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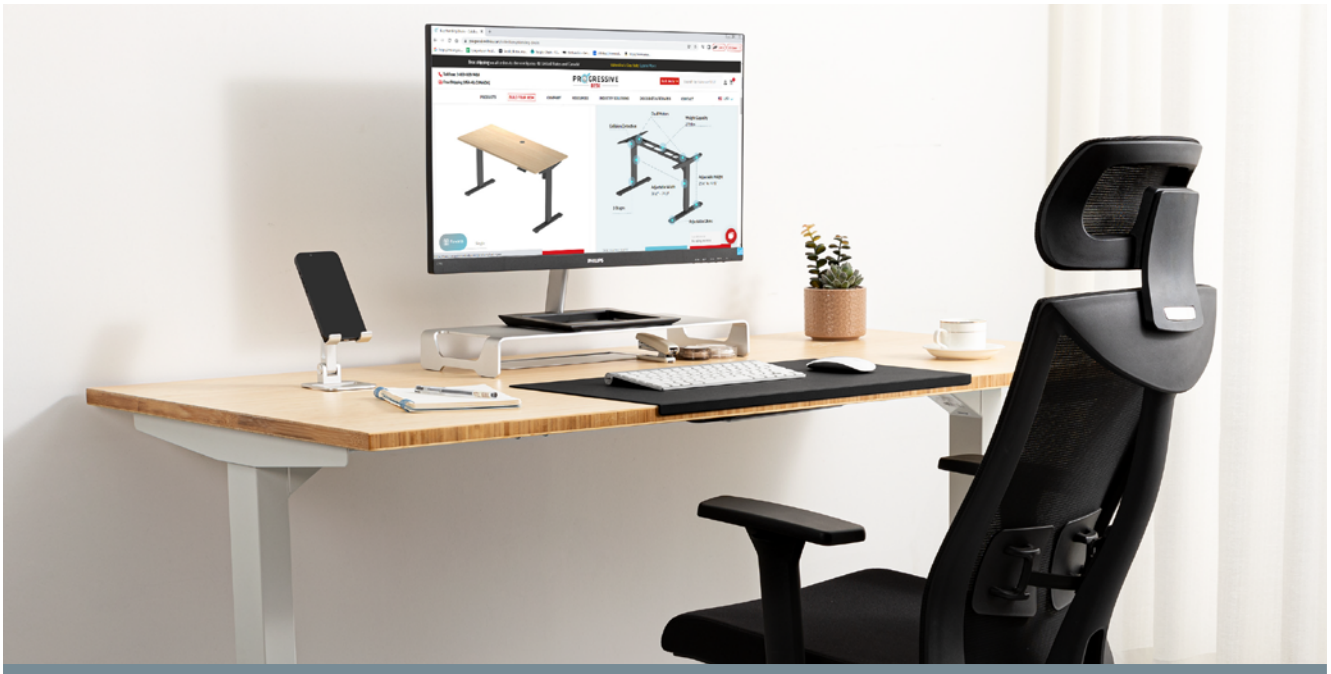
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# INTRODUCTION

## WHY IS IT IMPORTANT TO CREATE AN ERGONOMIC WORKSPACE?

Studies have found that workspaces can impact both your health and quality of work, with ergonomic workspaces taking comfort and health into consideration. An ergonomic workspace provides superior comfort and can aid with maintaining concentration and productivity. In this guide, we'll discuss how you can create a workspace that's ergonomic and personal to your needs!



## WHAT IS AN ERGONOMIC WORKSPACE?

An ergonomic workspace refers to a home or office environment that has been optimized to best suit the anatomical and psychophysiological traits of each working individual for better health, comfort, and work productivity. Everything from

the way you sit, placement of equipment, and how you interact with them, to your daily work routine contributes to an ergonomic workspace. Keep in mind that a small tweak in each of these areas can yield tremendous benefits.



## BENEFITS OF AN ERGONOMIC WORKSPACE



Increased productivity



Reduced employee turnover



Higher quality of work



Relief of any aches and pains from working in poor ergonomic conditions



More focus and concentration at work

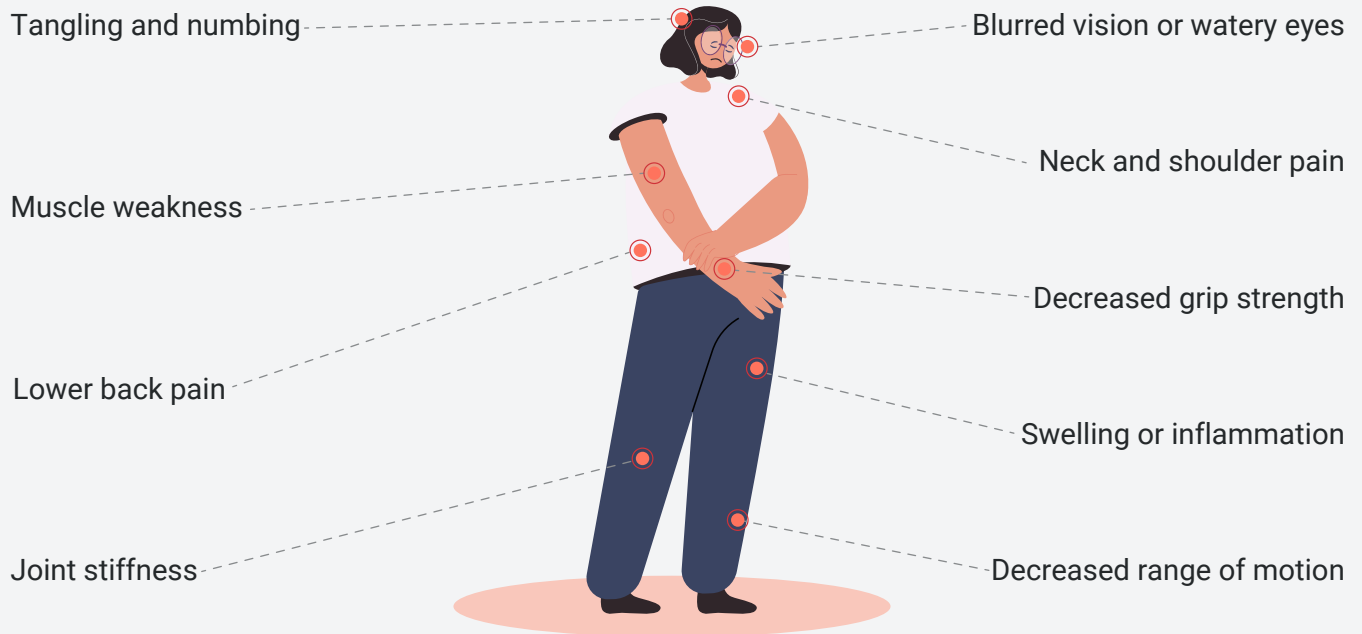


Boosted mood thanks to more comfortable working conditions



Improved posture and overall health

## MOST COMMON SYMPTOMS OF POOR WORKSPACE ERGONOMICS



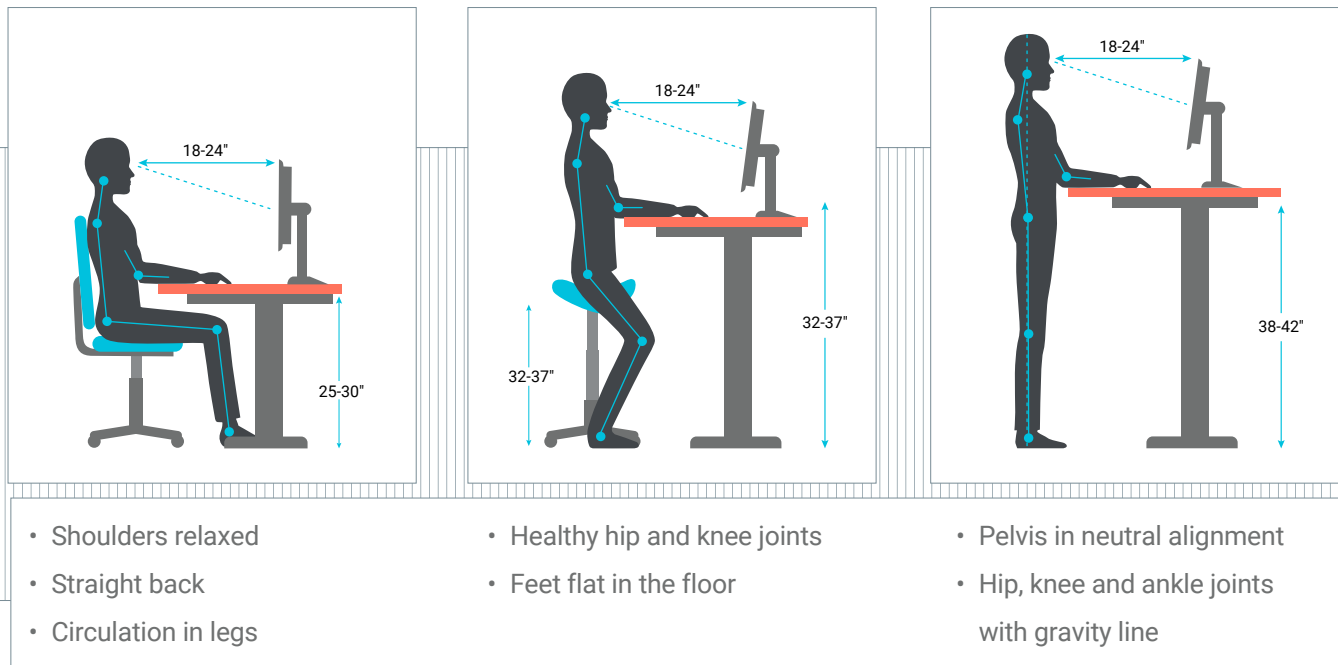


# STEP 1

## ADJUST YOUR DESK HEIGHT

If you have a desk job, it goes without saying that your desk is the heart of your workplace. A too-high desktop will cause strain on your forearms as you type, while an overly low desk will cause you to hunch over as you work, straining your back and shoulders.

- > Your elbows should be bent at a 90-degree angle and be at the same height as your desk.
- > Your arms should hang loosely near your torso, with most of the forearms on the desk or the chair's armrests.
- > Your wrists should be straight in front of you and remain in a neutral vertical position.
- > The Canadian Standards Association (CSA) recommends a general height desk of 73 cm plus or minus 2.5 cm (28.7" plus or minus 1").





# 1ST SOLUTION

## REPLACE YOUR EXISTING DESK WITH A STANDING DESK

Make a change to a healthier workspace by switching to a height-adjustable standing desk. Transform not just your workspace but also your lifestyle by encouraging a wider range of movements throughout your workday. When you buy a Progressive Desk, you can rest assured of the best ergonomic experience combined with the quality, convenience, and risk-free purchase you can feel great about.







- Lowers risk of weight gain and obesity
- Diminishes the possibility of heart disease
- Reduces back pain
- Improves mood and energy level
- Boosts productivity
- Enhances posture
- Better circulation and more oxygen

*WHAT ARE THE BENEFITS OF USING A HEIGHT ADJUSTABLE STANDING DESK?*



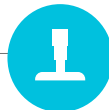
## OUR RECOMMENDED PRODUCTS

			
<b>Mini Ryzer</b>	<b>Prime Ryzer</b>	<b>Solo Ryzer</b>	<b>Corner Ryzer</b>
<b>Motors</b> Single	<b>Motors</b> Dual	<b>Motors</b> Dual	<b>Motors</b> Triple
<b>Stages</b> 3	<b>Stages</b> 2	<b>Stages</b> 3	<b>Stages</b> 3
<b>Weight Capacity</b> 180 lbs	<b>Weight Capacity</b> 220 lbs	<b>Weight Capacity</b> 270 lbs	<b>Weight Capacity</b> 330 lbs
<b>Height Range</b> 23.1" - 48.6"	<b>Height Range</b> 27.6" to 46.9"	<b>Height Range</b> 23.6" to 49.1"	<b>Height Range</b> 23.6" to 49.1"
<b>Width</b> 17.40"	<b>Width Range</b> 36.7" to 54.7"	<b>Width Range</b> 39.6" to 74.0"	<b>Width Range</b> 42.7" to 72.6"
<b>Speed</b> 1.57"/sec	<b>Speed</b> 1"/sec	<b>Speed</b> 1.57"/sec	<b>Speed</b> 1.57"/sec
<b>Remote Options</b> Various	<b>Remote Options</b> 1	<b>Remote Options</b> Various	<b>Remote Options</b> Various
<b>Memory Positions</b> 4	<b>Memory Positions</b> 4	<b>Memory Positions</b> 4	<b>Memory Positions</b> 4
<b>Collision Detection</b> Yes	<b>Collision Detection</b> Yes	<b>Collision Detection</b> Yes	<b>Collision Detection</b> Yes
<b>Child Lock</b> Yes	<b>Child Lock</b> Yes	<b>Child Lock</b> Yes	<b>Child Lock</b> Yes
<b>Energy Saving Mode</b> Yes	<b>Energy Saving Mode</b> Yes	<b>Energy Saving Mode</b> Yes	<b>Energy Saving Mode</b> Yes
<b>Soft Start &amp; Stop</b> Yes	<b>Soft Start &amp; Stop</b> No	<b>Soft Start &amp; Stop</b> Yes	<b>Soft Start &amp; Stop</b> Yes
<b>Adjustable Feet</b> Yes	<b>Adjustable Feet</b> Yes	<b>Adjustable Feet</b> Yes	<b>Adjustable Feet</b> Yes
<b>Install Time</b> 10 mins	<b>Install Time</b> 20 mins	<b>Install Time</b> 20 mins	<b>Install Time</b> 25 mins
			<b>Certification</b> UL & BIFMA



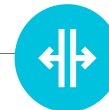
### Large Height Range

Our table frames range from 23.1" to 49.1"



### Multi-Stage Legs

From 2 to 3-stage legs, enjoy the sturdy height!



### Adjustable Width

You can also adjust the width of our motorized desk frames!



### Single & Multi-Motors

Choose from single, dual, or triple motor standing desks.



### 8 or 15-Year Warranty

Warranty on all our desks & accessories.



### Collision Detection

Safety is key! Our standing desk bases all have a collision detection feature.



## TIPS FOR STANDING

- > Alternate between sitting and standing
- > Use our Calories Burned Calculator to find out how many calories you can burn by standing.
- > Use an Anti-Fatigue Mat to reduce the strain on your legs and backs when standing.
- > Stay active throughout your day while boosting productivity with our balance board.
- > Mind your posture!

### Anti-Fatigue Mat



**Anti-Fatigue Mat**

Dimensions: 20" x 39" x 0.75"

- Reduced strain on legs and back while standing
- Standing for longer and comfortably



**Anti-Fatigue Mat with Acupressure Massage Dots**

Dimensions: 20.5" x 32.3" x 2.0"

- Non-slip design
- Fits most users
- Easy to clean
- 15-year warranty



**Balance Board**

Dimensions: 16.9" x 13.0" x 3.2"

- Body and mind engagement
- Enhance productivity
- Stay active while working
- Durable multilayer hardwood

# 2ND SOLUTION

## ADD A CONVERTER TO YOUR EXISTING DESK

If you're trying to convert your existing desk to a standing desk but don't want to change your existing furniture, our standing desk converters are the perfect solution! Keep your existing desk and simply place the converter on your tabletop for the similar functionality of a standing desk. Achieve your perfect workspace at a lower cost and less heavy lifting.





## OUR RECOMMENDED PRODUCTS

**Compact Desk Converter**

- 6 height position
- Affordable price
- Lightweight
- Portable
- 8-year warranty

**Mechanical Desk Converter**

- Mechanical lift
- Lever for height adjustment
- 15.2" stroke
- Portable
- 8-year warranty

**Electric Desk Converter**

- Electric lift
- Easy height adjustment
- 15" stroke
- Portable
- 8-year warranty

We have designed these adjustable desk risers to make the experience as seamless as a regular standing desk! Our range includes three desk converters that all have different qualities, sizes, and price points to give you a broad choice. Create an environment that allows you to move while you work – without the need to invest in a full standing desk! Our three desk converter

offerings give you the ultimate choice. Each was designed with different purposes and key features in mind as we know every workspace is different! Whether you're searching for a compact standing desk converter, a motorized version, or something that will simply enhance your working experience without breaking the bank – our range has you covered!



If you're not sure which of our standing desks or desk converters is the right fit for you, take *our quiz* to find your perfect standing desk solution.



When deciding between our converters, you need to have key questions in mind when making your choice: are you simply looking for a laptop riser for your desk, or do you need something more heavy-duty that will rise at the click of a button? How much desk space do you have for your converter?

Questions like these will help narrow down your search – if you can't answer them from our site, give our customer service a call and they would be delighted to help!



# STEP 2

## POSITION YOUR MONITOR PROPERLY

An ergonomic monitor arm or a desk shelf to elevate your screen(s) to the perfect height to prevent neck strain are the ideal tools to prevent any injuries. If you are working on a laptop, try our laptop stand, or consider buying an independent keyboard and mouse, or an auxiliary screen to prop on a stand.

*A BADLY PLACED MONITOR CAN CAUSE NECK AND SHOULDER PAIN, HEADACHES, AND OTHER SYMPTOMS.*



- > Your monitor needs to be at an arm's length distance from you.
- > Your eyes should be vis-à-vis the address bar of an internet browser page, so your head is in a straight, neutral position.
- > The screen should be straight in front of you, protecting your neck from unnecessary torsion.
- > Place your monitor perpendicular to, and about a meter and a half away from, a source of natural light (or any bright light source).



## OUR RECOMMENDED PRODUCTS

### Monitor Arms



**Single Gas Spring  
Monitor Stand - Black**

- Easy assembly
- VESA compatible
- Saves space



**Dual Gas Spring  
Monitor Stand - Black**

- Ergonomic workspace
- Improves leg/back pain and eye strain



**Dual Monitor Arm with a  
Removable Laptop Mount**

- Height and angle adjustment
- Durable
- 15-year warranty

### Monitor Stands



**Slim Aluminum  
Monitor Riser**

- Space saving
- Easy and fast height adjustment



**Long Slim Aluminum  
Monitor Riser**

- Ergonomic workspace
- Weight capacity: 22 - 44 lbs
- Storage space between the screen



**Steel Monitor Riser**

- High quality materials
- 15-year warranty



# STEP 3

## CHOOSE THE RIGHT CHAIR

According to research, an estimated 50% of people in the industrialized world suffer from some form of back pain, many directly related to poor seat design. Here are the most important factors to consider:



### HEIGHT

You should be able to sit with your feet flat on the floor and your thighs roughly parallel to the floor. If you need a taller chair to reach a too-tall desk, use a footrest to get the right leg angle.



### BACKREST RECLINE AND TILT

To reduce stress in your spine, an office chair that reclines and tilts with tension control is absolutely critical. Research has shown that a reclined seat significantly reduces the pressure on your back, and is particularly beneficial for people with back pain. Look for chairs that can recline at least 135 degrees back with synchronous tilt.



### LUMBAR SUPPORT

The shape of the backrest should have a natural curve to support your lower back. Think Birkenstocks for your back. Consider using a lumbar support pillow if your chair lacks proper lumbar support.



### SEAT DEPTH

For fixed seats, the ideal depth is 16.5". For adjustable seats, the ideal position is between 14" - 18.5".



### ARMRESTS

Look for armrests that are not just height adjustable, but can pivot inwards to support the entire length of your forearm when performing certain tasks such as keyboarding.



### MATERIAL

Try to find a comfortable amount of cushioning: your chair should feel supportive without being overly hard. Look for breathable or mesh fabric.



## OUR RECOMMENDED PRODUCTS

### Ergonomic Office Chairs



**Ergo Glyder**

- Ergonomic design
- Removable headrest
- Backrest tension control



**Pro Glyder**

- 3 backrest locking positions
- Adjustable back tilt
- Adjustable lumbar height



**Apex Glyder**

- 275 lbs or 330 lbs weight capacity
- 15-year warranty

### Capisco Chairs



**HAG Capisco  
8106 Chair**

- Flexible ergonomic design
- Top quality environmentally friendly materials
- Stylish customization options
- 3 backrest locking positions
- Self-locking casters
- 300 lbs weight capacity
- 10-year warranty

### Chair Mats



**Chair Mat for  
Hardwood Floors**

- Flexible PVC material
- Dimensions of 47.2" x 35.4" x 0.1" (LxWxH)
- Rectangle or rectangle with lip shape



**Chair Mat for  
Carpeted Floors**

- Suitable for hard flooring or low - medium pile carpets
- Reduces damage on hardwood flooring or carpets
- 15-year warranty



- > Angle the back of your chair 110° from the seat.
- > Raise your chair so that the seat is the same height as your kneecap.
- > Pay attention to how much stress you're putting on the seat, raising or lowering it if needed to evenly distribute weight.
- > If you don't have a desk chair, put a lumbar pillow between your body and the chair back.
- > Maintain a slight 90-120° bend in your arms and knees when sitting.
- > Back should be straight and supported by chair.



# STEP 4

## SELECT THE RIGHT KEYBOARD AND MOUSE

Your hands and wrists should be in a neutral posture, similar to your head. Extend your arm and hand forward to lay them flat on the table. The hand, wrist, and forearm are practically flush, which is what you want. What you don't want is a hinge at the wrist. You should consider adjusting

your ergonomic keyboard height to a position where it rests about one to two inches above your thighs. This position allows your arms to remain relaxed and in a much more comfortable position. This is some of the best ergonomic advice you can receive concerning your keyboard placement.



Using your mouse frequently can result in your wrist undergoing excess stress and can result in some injuries to it. This is a problem that can be solved by taking frequent breaks or by learning to alternate the hand with which you use your mouse.

- > Adjust how tightly you hold your mouse. You should have a very loose grip when using your mouse rather than gripping it tightly.
- > Consider investing in a vertical mouse as one of these allows the user to place their hand in a neutral position.
- > Shake your hands for about 30 seconds every once in a while. This makes a massive difference and even improves the blood flow to your hands, thus minimizing injury chances.



# STEP 5

## ORGANIZE YOUR WORKSPACE

When it comes to our workspace, we all have different styles, different needs, and different tasks to do in the course of a typical workday. Whether you prefer a minimalist space or a bit more clutter, your desk is your dashboard. Things that you use all the time have to be comfortably within reach, and resources you use less often

need to be easy to find. Experts recommend that you divide your desk into reach zones, arranging items according to how accessible they need to be during the course of your workday. A good way of organizing your workspace will be surrounding yourself with the right tools, these accessories can help to reduce the clutter in your workspace.















## OUR RECOMMENDED PRODUCTS

### Drawers

 <p><b>Under Desk Drawer with Locking</b> 12.25" x 11.8" x 2" (LxWxH)</p>	 <p><b>Compact Under Desk Drawer with Locking</b> 7.16" x 9.84" x 2" (LxWxH)</p>	 <p><b>Under Desk Swivel Drawer</b> 13.8" x 7.9" x 3.8" (LxWxH)</p>	 <p><b>Clamp-Mounted Pegboard Organizer</b> 16.5" x 12.6" (LxW)</p>
<ul style="list-style-type: none"> <li>• Increased storage space</li> <li>• Secure storage</li> </ul>	<ul style="list-style-type: none"> <li>• Lockable</li> <li>• Additional storage as shelf</li> </ul>	<ul style="list-style-type: none"> <li>• 360° swivel</li> <li>• Easy installation</li> <li>• Compartment dividers for organization</li> </ul>	<ul style="list-style-type: none"> <li>• Vertical or horizontal orientation</li> <li>• Quick access</li> <li>• Storage and privacy panel</li> </ul>

### CPU Holders

### Headphone Hangers

 <p><b>Slide and Swivel CPU Holder</b></p>	 <p><b>CPU Tower Rolling Stand</b></p>	 <p><b>Headphone Hangers</b></p>	 <p><b>Ergonomic Headphone Stand</b></p>
<ul style="list-style-type: none"> <li>• 33 lbs weight capacity</li> <li>• 360° swivel range</li> <li>• Sliding mount capability</li> <li>• Compatible with most CPU brands</li> <li>• 15-year warranty</li> </ul>	<ul style="list-style-type: none"> <li>• 22 lbs weight capacity</li> <li>• 2x heavy-duty locking caster wheels, 2x heavy-duty caster wheels</li> <li>• Foam pads for PC protection include</li> </ul>	<ul style="list-style-type: none"> <li>• Easy mount</li> <li>• Decluttered workspace</li> <li>• 1-2 hooks</li> <li>• 15-year warranty</li> </ul>	<ul style="list-style-type: none"> <li>• Stylish display of headphones</li> <li>• Fast and easy setup</li> <li>• Silicon pads reduce slipping</li> <li>• 15-year warranty</li> </ul>



# STEP 6

## SET PROPER LIGHTING

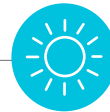
Well-designed office lighting can help in keeping the workers healthy, productive, and motivated at the same time. Ergonomics experts recommend good lighting to reduce eye strain and avoid craning your neck at an unnatural angle. Natural Light is the best source of lighting for any space. In an ideal situation, natural light should act as primary lighting and all the artificial lighting should be secondary. The work environment feels welcoming and brighter in the daylight. If you don't have windows in your home office, or when

you're working late or on cloudy days, couple overhead lighting with task lighting for the best balance of lighting to help you focus. Lighting should not cause glare on computer screens, which means that many workplace settings should be equipped with softer light systems. Lighting that is good for reading printed material is not necessarily the best lighting for computer displays. To eliminate unwanted dark areas and shadows, use a mixture of both direct and indirect lighting to illuminate your workspace more evenly.



### DIRECT LIGHTING

Localized lighting where 90-100% of light falls on a specific area.



### INDIRECT LIGHTING

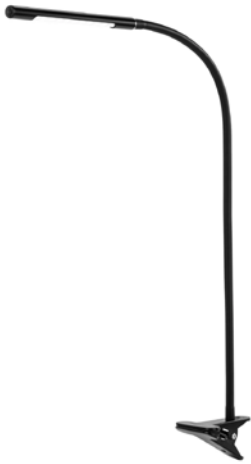
General lighting where the light is spread across a large area. With light fixtures, this is often done by directing the light upwards. The light is then reflected off of ceiling and walls.

- > Position your workstation or chair at a 90-degree angle from large windows to reduce glare from the sun.
- > Adjust your monitor brightness to match the brightness of the area directly behind it.
- > Avoid positioning your monitor directly below an overhead light fixture.
- > Calibrate color temperature for mood and type of work.
- > Use monitor filters or computer glasses to reduce blue light and glare.



## OUR RECOMMENDED PRODUCTS

### Lighting



**LED Clip on Lamp**

- Flexible gooseneck design
- Brightness and touch control
- 22 LED beads with a brightness of 250LM
- Non-slip clip mounting



**Desk Lamp with Clamp**

- Multi-angle adjustable
- Brightness and color control
- Auto timer, eye care, and touch control
- Clamp mounting



**RGB Mood Lamp**

- 358 different effects
- Adjustable brightness and speed
- Wireless remote included
- Multi-lamp control





# STEP 7

## GET UP AND MOVE REGULARLY

Alternate between sitting and standing a few times during the working day. According to research, the golden ratio between sitting and standing lies between 1:1 to 1:3. This means at a minimum, for every hour, stand at least for 30 minutes (1:1 ratio), at a maximum, for every hour, stand for 45 minutes (1:3 ratio).

*FOR OFFICE WORKERS, THIS IS PERHAPS THE MOST IMPORTANT TIP ON THE LIST - GET UP AND MOVE AROUND. IT IS JUST THAT SIMPLE.*



Once an hour, workers should stand up and take a few minutes to walk down the hall, get a drink, look out the window, anything that gets them out of their chairs. Movement improves circulation, comfort, and performance. It also decreases the risk of injuries.

If you're always staring at a screen, your optician may have recommended the 20-20-20 rule. This means that for every 20 minutes you spend gazing at a screen, you should look away at an object that is 20 feet away for a minimum of 20 seconds.

Here are some tension-relieving exercises that you can do throughout the day. You don't need to do all of them at once, but it would be beneficial to do them during each 15-minute break. Think of work as a sport, and that you are stretching out before the game.



## OTHER EXERCISES



### SHOULDER EXERCISE

1. Touch the fingertips of your hands together just behind the top of your head without letting your hands touch your head.
2. Move your elbows in a backward direction.
3. Hold the position for 5 seconds and then relax.
4. Repeat this exercise 3 times.



### WRIST EXERCISE

1. Bend your wrists down as far as they will go while keeping your elbows straight.
2. Hold the position for 3 seconds and then exchange positions by extending your wrists back as far as they will go.
3. Repeat this exercise 5 times.



### EYE EXERCISE

1. Close your eyes for a minute.
2. Refocus by looking away from your monitor at something in the distance.
3. Roll your eyes up and down, left to right.
4. Practice blinking often and take frequent rest pauses throughout your day.



### HAND EXERCISE

1. Tightly close both of your hands into a fist.
2. Release by fanning out all your fingers.
3. Repeat this exercise 3 times.



### LEG EXERCISE

1. Position yourself to be seated at the edge of your chair.
2. Keep one foot on the floor with your knees bent at a 90° angle.
3. Lift one leg off the floor as high up as you feel comfortable.
4. Hold the position for 5 seconds.
5. Repeat this exercise 5 times.



### BACK EXERCISE

1. Get up from your desk and stand up straight.
2. Place your hands on your hips and gently bend backward at the waist.
3. Repeat this exercise 5 times.



### NECK EXERCISE

#### Chin Tucks

1. Tuck your chin in and push your head backward.
2. Keep your eyes and head leveled while moving into position.
3. Stay in this position for 3 seconds and then relax.
4. Repeat this exercise 5 times.

#### Neck Rolls

1. Roll your head in circles.
2. Stretching more toward each shoulder.
3. Repeat this exercise 5 times.



# STEP 8

## USE COLORS, BOOST YOUR MOOD

A soothing and comfortable atmosphere with the right combination of colors can truly boost the mood in a workplace. Adding potted plants in an office, viewing the outdoor when possible, and using bright colors are not only invigorating, but studies have also shown that bright colors help increase productivity! At Progressive Desk, we offer our desk frames and tabletops in various colors to help find the perfect combination fit for each person.

Our bamboo tabletops are our best material option when it comes to environmentally friendly furniture. It is a highly sustainable and eco-friendly material for furniture since bamboo is the fastest-growing plant on Earth. For a sleek and premium appearance, take a look at our solid wood and epoxy resin tabletops which offer sustainable quality wood with distinctive

character! Personalizing a workspace helps to encourage a positive attitude and further motivation to continue improving work quality and productivity. Displaying a few personal items and aromatherapy are excellent for making a pleasant and comfy setting. Since everyone has different preferences and styles, the perfect tabletop and desk frame colors can vary.

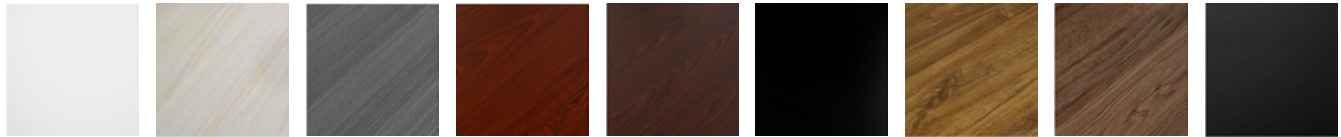


Perhaps the major benefit of using medium-density fiberboard (MDF) is that it does not shrink or swell due to temperature or humidity. This material is also resistant to changes in color due to UV light. If you need an ergonomic curve design to match corner desks, check out our particle board tabletops. For extra protection, our MDF and particle board tabletops are sealed with a layer of laminate. Our 15-year warranty for all tabletops also guarantees their long-term stylish appearance, high durability, and comfort. With all the benefits it offers while being a safe tabletop material, it makes sense why MDF is among the most utilized engineered woods for crafting daily-use furniture items and is the material we use for the majority of our tabletop!



### MDF TABLETOPS

Available in 48" x 30" and 60" x 30" only



Warm White    Bright Beech    Gray Oak    Dark Cherry    Roasted Walnut    Ebony Oak    Rustic Hickory    Light Walnut    Pure Black

- Available in semi gloss and matte finishing
- Durable
- Easy care surface
- Various color options
- Inclusive size options
- Core material: MDF
- Surface finish: Laminate
- Warranty: 15 years

### BAMBOO TABLETOPS

### SOLID WOOD AND EPOXY RESIN TABLETOPS

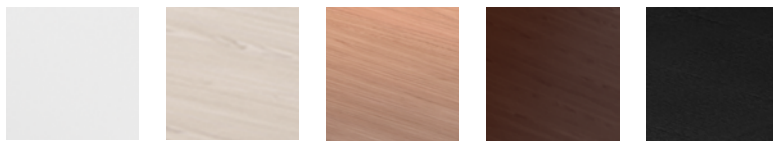


Light Bamboo Curve    Black Bamboo Curve    Bamboo Light Matte    Bamboo Dark Gloss    Ash    Walnut    Blue Walnut    Black Ash

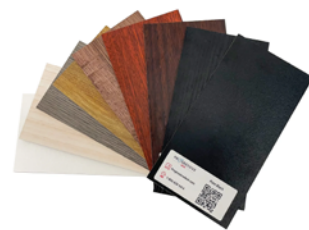
- Sustainable
- High quality and durable
- Available in 4 options
- Water resistant and scratch free
- Core material: Natural Bamboo
- Surface finish: Natural Bamboo
- Warranty: 15 years
- Sleek and premium appearance
- Available in 4 options
- Durable elegance
- Distinctive character
- Genuine quality wood
- Sustainable
- Warranty: 15 years

### PARTICLE BOARD TABLETOPS

### COLOR SWATCH KIT



Cool White    White Birch    Sunset Teak    Dark Oak    Midnight Maple



- Ergonomic curve design
- Easy care surface
- Various color options
- Core material: Particle board
- Surface finish: Laminate
- Warranty: 15 years
- 9 captivating tabletop shades
- Dimensions (LxWxH): 6.0" x 3.0" x 0.2"
- Weight: 0.1 lbs



# STEP 9





## SAFETY IN CORD MANAGEMENT

If you have multiple tangled wires around your workstation, wire and cable management accessories will be an essential addition to your workspace. These solutions allow you to declutter your desk, making it clean, tidy, and organized. This not only increases the aesthetics of your standing desk but also helps you boost your

productivity! As you will be able to use your workspace more easily, you will spend less time untangling cords, finding a particular wire, or struggling to make space for your new device. Cable management also helps reduce hazards by lowering the risk of tripping over cluttered wires around a workstation.

Here are some perfect wire management solutions and accessories that you may consider to help reduce wire cluttering and damage.

### Standing Desk Cable Management

 <p><b>Adhesive Buckle Cable Ties</b></p>	 <p><b>Heavy-Duty Adjustable Cable Management Snake</b></p>	 <p><b>Under-Desk Cable Trays (Set of 2)</b></p>	 <p><b>Cable Holder Clips</b></p>
<ul style="list-style-type: none"> <li>• Color: Black, White</li> <li>• Material: Nylon</li> <li>• Mounting: Adhesive Strip</li> <li>• Includes: 10x Adhesive Buckle Cable Ties</li> </ul>	<ul style="list-style-type: none"> <li>• Color: Black, White</li> <li>• Length: 51"</li> <li>• Material: ABS</li> <li>• Mounting: Screw Mount</li> </ul>	<ul style="list-style-type: none"> <li>• Weight Capacity: 11 lbs</li> <li>• Color: Black, White</li> <li>• Material: Powder Coated Steel</li> <li>• Mounting: Screw Mount</li> <li>• Includes: 2x Trays, 4x Self-Drilling Screws</li> </ul>	<ul style="list-style-type: none"> <li>• Color: Black</li> <li>• Material: Silicon</li> <li>• Mounting: 3M Adhesive Tape</li> <li>• Includes: 2x Single Rubber Clip</li> </ul>





# STEP 10

## MAINTAIN A HEALTHY LIFESTYLE

We live a big part of our lives at work, whether in our home or an actual office, and it shouldn't mean our health and happiness should be put on pause during this time. You don't necessarily have

to revamp your entire life, but take a look through the following suggestions. Chances are that you could make some improvements in at least one of these areas and see positive results.



### DIET

Healthy foods such as fruits, vegetables, and fatty fish have been shown to reduce inflammation, while refined carbs and processed foods make it worse. Try skipping the chip truck and eating real food for lunch. Making sure you stay hydrated throughout the day can combat low energy levels and irritability.



### EXERCISE

Ergonomics adapts the environment to make your tasks easier on your body, while exercise adapts your body to make it more resilient to the effects of your work and environment. Both stretching and resistance exercise have been proven to help. Sneak a 30-minute walk into your daily lunch break for example. If you can, it's a good idea to organize an exercise program for your employees or colleagues.



### MINDFULNESS AND STRESS REDUCTION

When we're stressed, we disconnect from our feelings, not noticing building discomfort until it leads to serious pain or even injury. Finding ways to reduce your stress and increase your relaxation and mindfulness can keep you healthier at work.

## SUMMARY

An ergonomic workspace offers major benefits such as increased productivity, improved overall health, proper posture, and better comfort. By following some of our tips, we hope you too may experience the benefits of an improved workstation with greater ergonomics. We hope you found this as informative and interesting as we did, especially if you looking for ideas and

recommendations on upgrading your workspace for greater ergonomics. If you have any queries about our desks or have trouble picking out the right desk accessories to suit your ergonomic workspace, feel free to reach out to us! Our team of representatives is experts in what we do and will be happy to help with any questions you may have!