

Walkstation Ergonomic Tips



Ergonomic tips for healthy working and walking:

- Remember to maintain an active upright walking posture.
 - Adjust the monitor to your eye level and 18 – 23 inches away from your face.
 - Your keyboard should be at elbow level with your wrist in a neutral position.
 - Place your mouse at elbow level near to your keyboard.
 - Your phone should be at elbow level next to your keyboard.
- Use of a headset while operating the Walkstation is strongly suggested.
- Wear comfortable, closed-toe shoes that provide suitable support for walking.
 - Keep items within close reach.

available at:



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