

Setting up Your Workstation

MoveSafe™ Office **BIG 3**

Stable Base: Feet supported on floor or footrest, sit all the way back in chair, thighs evenly supported by chair seat pan, hinge at hips. Tuck close. To lean or reach forward, hinge at the hips while maintaining a neutral S-curve spine posture.
Shoulders Anchored: Shoulders supported against chair backrest, head balanced over shoulders, arms relaxed at sides of body.

Tuck Close

- Keep hips and shoulders anchored against the chair backrest.
- Slide chair in close to the workstation.

Feet Supported

- Adjust the chair height so that feet are firmly supported on the floor or a footrest, without undue pressure from the chair seat pan against the back of the thighs.
- Knees should be slightly lower than hips.

Documents in Line

- Position frequently referenced documents on an angled document holder either in front of or immediately beside the monitor.

Backrest Position

- Adjust the backrest height so the lumbar support is across the small of the back and helps you sit up tall.
- Adjust the backrest angle to support you in an upright and slightly reclined position.

Monitor

- Set height so that the top of the screen is at, or slightly below, eye level (lower for progressive lenses).
- Position the monitor to minimize neck rotation.
- Recommended monitor distance is 18"-24" (roughly arms length away) or closer depending on your vision.

Armrests

- Set armrests to support the elbows with relaxed shoulders and elbows bent.
- Ensure armrests don't restrict access to sitting close or crouse reaching for keyboard and mouse.

Keyboard and Mouse

- Use a keyboard tray to match the keyboard and mouse height to your elbow height.
- For keyboard and mouse on a fixed height desktop, adjust your chair height so elbow is roughly 1" below the desk height.

Chair Rock

- Put the chair in rock mode and adjust the tension so chair supports you firmly upright.
- Rock back in the chair periodically to offset static postures.



Fa168cps Set Up Guide

M Carnoy



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Decoding **Fa168cps Set Up Guide**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Fa168cps Set Up Guide**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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