

# ERGONOMICS ESSENTIALS

Your desk setup, optimized for posture and performance

Item	Fix It Fast
Chair	Lumbar support, knees at 90°
Monitor	Eye level (riser or stacked books)
Keyboard / Mouse	Elbows at 90°, wrists straight
Feet	Flat on floor or footrest
Movement Breaks	Every 30–60 mins — stretch, stand, walk