



Create exceptional workspaces with our ergonomic office furniture solutions.

## How does your workspace measure up?

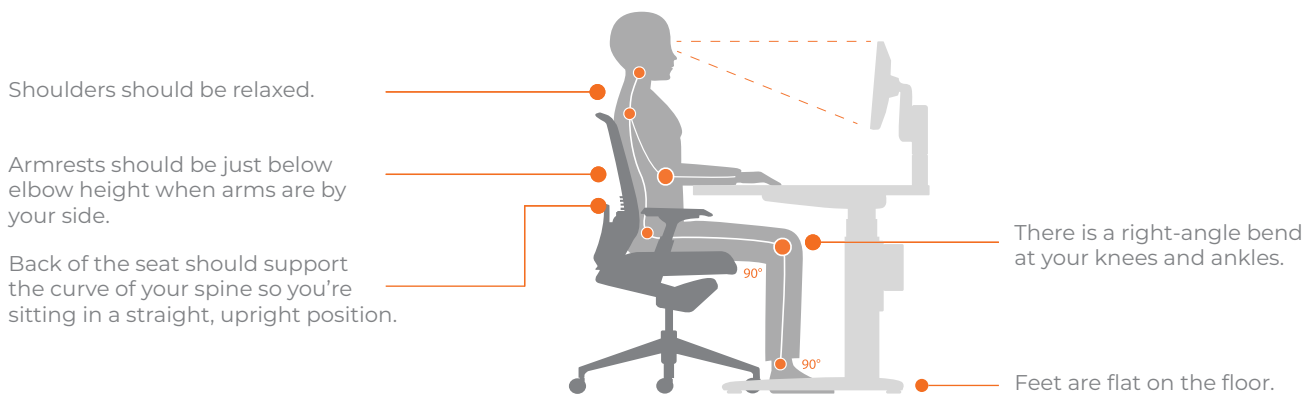
At Adapt Global Group, we're passionate about creating workspaces that work. All of our office furniture and equipment has been ergonomically designed to help you perform your work activities more efficiently and comfortably.

One size does not fit all! The average height of people varies between countries, by gender and even by generation, so it's important to make sure equipment is adapted to the needs of the user.

Here's a handy checklist to make sure you consider the basics when designing your workspace.

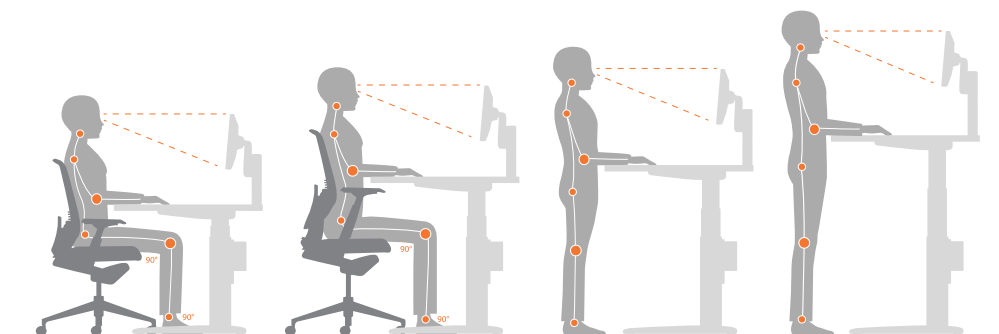
### Are you sitting comfortably?

When working in a seated position, check the following:



### What height should your desktop be?

Whether you are sitting or standing at your desk, your work surface should be at the same height as your elbow, with a right angle between the upper and lower arm.

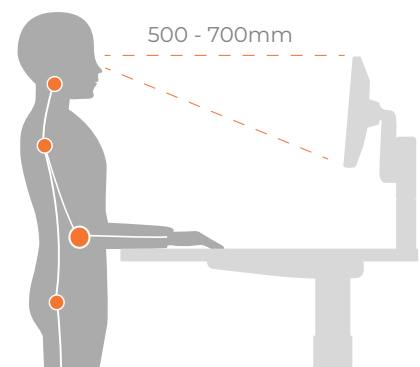


### Is your monitor positioned correctly?

Now that your chair and desk have been ergonomically positioned to suit your personal body measurements, it's time to position your monitor.

Your monitor (or monitors) should be approximately 500-700mm distance away from you with the top edge of the monitor horizontally in-line with your eye height.

Tilt your monitor (or monitors) back by around 10 degrees. If you are using more than one monitor, set the monitors in an 'open book' type format. Using monitor arms will help your position your monitors accurately.



## What other factors should you consider?

- Avoid working with your monitors against backlit areas or windows.
- Eliminate bright light sources or glare around your workstations. By contrast, it is important to have adequate light in your workspace.
- Change posture regularly adjusting your workstation from sitting to standing positions and back again.
- Try to mix tasks rather than performing the same operation over and over again.



Height adjustable workstations can be adapted to suit the individual user.

## Is it time for you to speak to us about your workspace?

Whether you're looking for ergonomic consultancy services or products to create a more productive workplace, we can help.



Discover products and solutions to transform your workspace.

To find out more about how we can help your business unlock its potential, please visit our website and contact your nearest office.

[www.adapt-deutschland.eu](http://www.adapt-deutschland.eu)