

Is your workspace set up ergonomically?

If you sit behind a desk for hours at a time, a comfortable workspace can help you stay productive and focused. Proper office ergonomics – including correct chair height, adequate equipment spacing, and good desk posture can help you and your joints stay comfortable at work.

Reduce the risk of discomfort on our bodies and create an ergonomic workspace with some of our recommended products.

To protect your eyes from strain and fatigue, make sure you can see what's on your monitor clearly, without having to crane or bend your neck. Experts say to place your display, so your eye level is about 2 to 3 inches below the top of the screen and about an arm's length away.

You can raise your laptop or monitor as needed with just about anything that's flat and wide, like a stack of books. But for more sturdiness and finer control over the height of your display, consider a [Laptop Stand Rise](#) or [Laptop Stand Fold](#), or a [Monitor Mount Pro](#). Both are highly adjustable.

Your hands and wrists should be in a natural position, similar to your head. A [Mouse Pad and Wrist Supports](#) are designed to help keep your keyboard and mouse lower than your forearm, so your hands and arms are in-line for ultimate comfort and long-term wrist health.

The last area of focus has to do with behaviour, take frequent but short breaks. Movement improves circulation, comfort and performance whilst also decrease the risk of injuries such as neck or back pain. Research has shown, the ideal routine is about every 20 minutes take a short break where you stand up and stretch out for a minute or two. Or even better walk and make a cup of tea or coffee.

To discover more of our ergonomic products and learn more about becoming more comfortable in your workspace, head over to www.durable-uk.com and view the extensive range of workplace solutions.