

Update Your Workstation, Elevate Your Comfort

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An ergonomic desk set-up promotes musculoskeletal (MSK) health by reducing strain on the body, preventing discomfort, and lowering the risk of repetitive aches and pains. Proper height and angles can support good posture, enhance comfort, and increase productivity.



SEAT HEIGHT

High enough so shoulders are relaxed and your arms are resting comfortably on your arm rests or desk.



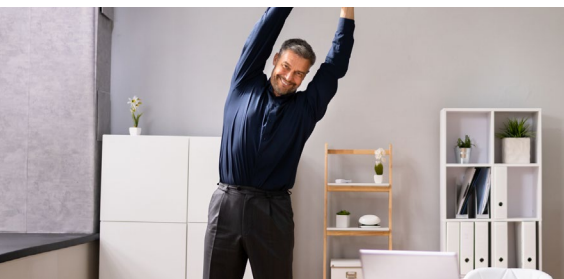
DESK HEIGHT

Should be low enough that your shoulders remain relaxed while you work and your hips are angled at approximately 90-100 degrees.



SCREEN HEIGHT

Top of the screen should be at eye level or 5 degrees below eye level.



CHIROPRACTIC TIP

No static posture is recommended for a prolonged period of time. Set a timer so that you adjust your posture every 20 minutes. Research has shown that changing your posture regularly will help prevent the aches and pains experienced while working at a desk.

The suggestions provided in this document are for educational purposes only. No information from this document is intended as a substitute for professional medical advice, diagnosis, or treatment. Consultation with a chiropractor or another health care provider is recommended for anyone experiencing muscle, joint and/or nervous system complaints. While the information provided is up to date, the CCA recognizes that research and data are ever emerging and changing. Please use this information in conjunction with the best available evidence. Publication date: August 2024.