

Sit right: 6 simple steps to set up your workstation



1/ Adjust the seat height

Place your feet flat on the floor. Your knees should form an angle of at least 90°. Your hips should be slightly higher than your knees. This helps you sit in a stable and relaxed position.

2/ Check the seat depth

Sit with your back against the backrest. Leave about 3 cm of space between the back of your knees and the seat. This ensures your thighs are properly supported.

3/ Adjust the backrest and/or lumbar support

Position the lumbar support at the height of your waistband. You should feel clear support in your lower back, but no pressure.

4/ Set the armrests to the correct height

Relax your shoulders. Place your forearms on the armrests at a 90° angle. The armrests and work surface should be at the same height.

5/ Keep moving while seated

Activate your chair's movement function. If possible, adjust the resistance to your body weight. Your back remains supported while you can move freely.

6/ Screen and keyboard

Place your keyboard about 15 cm from the edge of the desk. Position your screen directly in front of you, at arm's length. The top edge of your screen should be at eye level.