DESKSTOR
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CHECKLIST

Desk Height Setup Checklist

- [ ] Sit in your usual chair with your feet flat on the floor.
- [ ] Bend your elbows to ninety degrees and check where your forearms meet the desk.
- [ ] Measure from the floor to the underside of your forearm at this angle.
- [ ] Compare your measurement to the desk specification before you buy.
- [ ] Add a keyboard tray if the desk is too high or raise the legs if it is too low.
- [ ] Adjust your chair height and add a footrest if your feet do not reach the floor.
- [ ] Position your screen at eye level, an arm's length away.
- [ ] Work for an hour in the new position and adjust again if you feel strain.