CHECKLIST

Sit-stand desk setup checklist

- [ ] Measure the space where the desk will sit, allowing ten centimetres clearance behind for cables.
- [ ] Check the combined weight of your monitor, computer and peripherals against the desk's capacity.
- [ ] Set sitting height so your forearms rest parallel to the floor when typing.
- [ ] Adjust standing height so the monitor top stays at or just below eye level.
- [ ] Run cables to the underside of the desk with enough slack for full height range.
- [ ] Programme memory presets if your desk has them.
- [ ] Start by standing for short tasks—calls, emails, reading—rather than long work sessions.
- [ ] Switch position every thirty to sixty minutes once the habit feels comfortable.