

Logitech's 5 Ps of Ergonomics

POSTURE



BEND YOUR ELBOWS

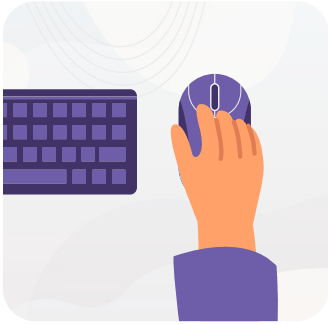
Keep elbows at about (or slightly more than) 90° when you type or use a mouse.



FEET ON THE GROUND

Place feet flat on the floor with knees, hips and ankles at about 90° angles.

PERIPHERALS



MOUSE

Place within easy reach.
Keep fairly close to the edge of the keyboard.



SCREEN

Keep the screen about an arm's length away.
Top of the screen should be leveled with your eyes.



HEADPHONES

Turn your headphones down and adjust the headphones to minimize strain.



KEYBOARD

Align the **spacebar with the center of the chest.**

PLACEMENT



READING & WATCHING

Use a steeper angle or use a laptop stand.



DRAWING. WRITING. TYPING

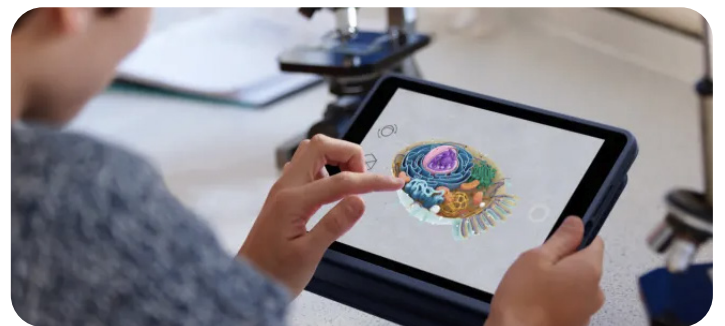
Place at a lower angle or place flat on the desk.

PAUSES



DESKTOP OR LAPTOP

Take a 5-10 minute break every hour.



TABLET

Aim for a short break every 15 minutes.

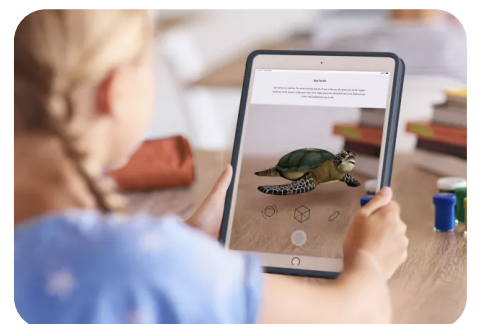
PREVENTION



Avoid crossing your legs



Avoid using the **tablet on your lap**



Avoid holding the **tablet** in your hands