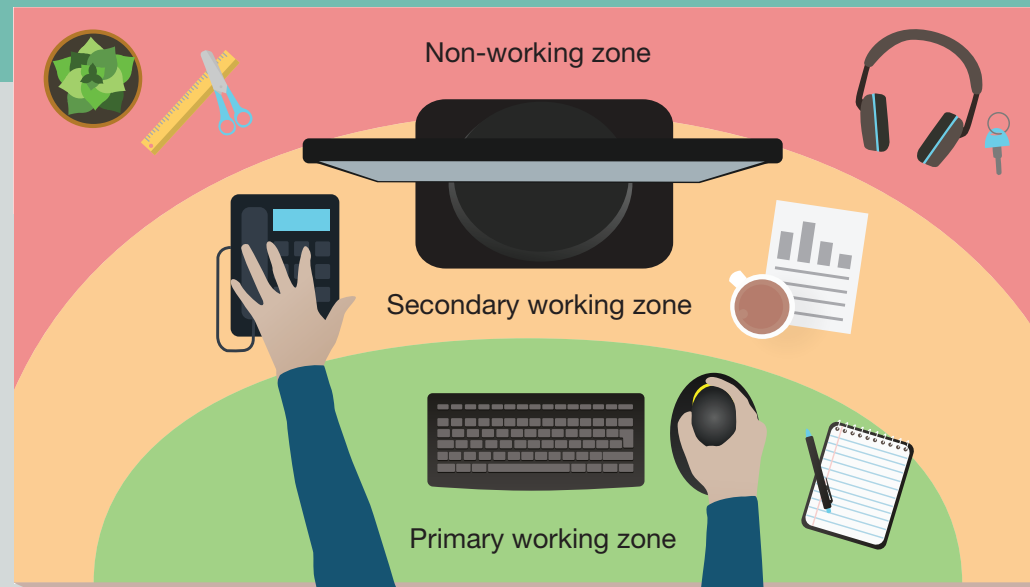
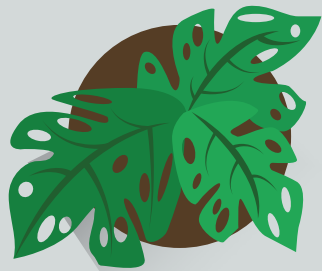


# Know your ergonomic working zones

You can reduce your risk of musculoskeletal injury simply by arranging the equipment on your desk into zones.



## Primary working zone

The primary working zone is the area on your desk that you can comfortably reach when sitting back in your chair with your elbows at 90 degrees and relaxed by your sides.

## Secondary working zone

The secondary working zone is the area on your desk that you can reach with your back still in contact with the back rest and your arms extended.

## Non-working zone

Anything positioned on your desk outside of the primary and secondary zones can encourage leaning and reaching, which can increase the risk of repetitive awkward movements that may lead to discomfort. Either bring those items closer, or stand up and move to it to retrieve it.