



Eiger Pro Standing Desk™

How to use an EIGER Pro Standing Desk



- The main shelf (lower) should be set at a height so your arms are at right angles when using your keyboard and mouse.
- The top shelf should be set at a height so that your monitor/laptop screen is at eye level.
- Engage your core. This results in your vertebrae being in the correct and natural position. Try not to slouch stood up!
- Start gently, don't try and stand all day. Maybe set yourself a goal of an hour stood up followed by 2 sat down and monitor how you feel.
- Consider wearing a pair of training shoes for your comfort.
- When you want to sit you have 3 options –
 - 1:** Move the EIGER to the back of your desk. Remove the keyboard shelf and place your keyboard and mouse on your sitting desktop. Lower the EIGER monitor shelf so that your screen is at eye level. Now you can have a sit down!
 - 2:** Use a high stool. This means you can leave the EIGER set up. We recommend you perch on the edge of a high stool with your feet on the floor in front of you and engage your core. This means you're not sitting and slouching but you are taking a break from standing. Tip – you'll probably need to lower both of your shelves slightly to be in a correct ergonomic position.
 - 3:** Remove the equipment you have on the EIGER and take 10 seconds to disassemble it. Now you can use your sitting desk.
- Happy, healthy working!