

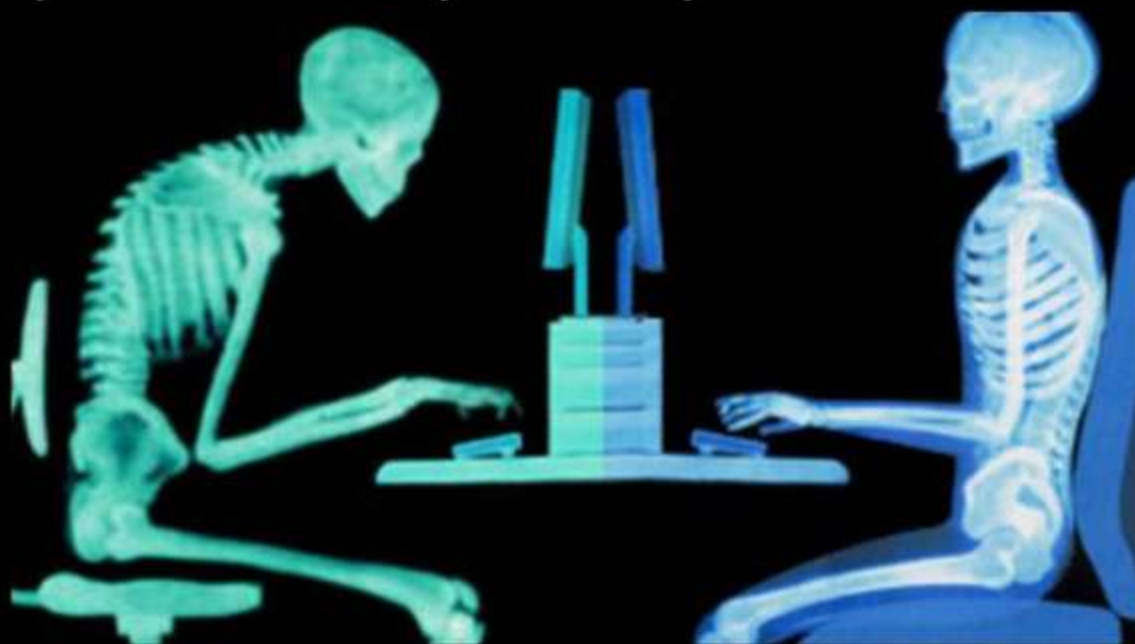


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Do you sit at a computer for longer than 6 hours a day?

You're destroying your body if so.

Here's the setup you need to protect yourself from posture problems:



Essential #1: A Second Monitor

Especially if you're writing on a laptop.

This will:

- Stop you using your hands as much (no tab switching)
- Improve your head position
- Feel cool



Your head weighs as much as
a bowling ball.

The reason your neck hurts is
because it can't keep up. We spend
our lives looking down at screens.

Everything should be at eye level.

So, these two are important...

Essential #2:
A laptop stand

Essential #3:
A small table stand

(or anything to hit the correct
elevation)





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Essential #4: Keyboard Shelf

Shoulders need to be relaxed,
not raised.

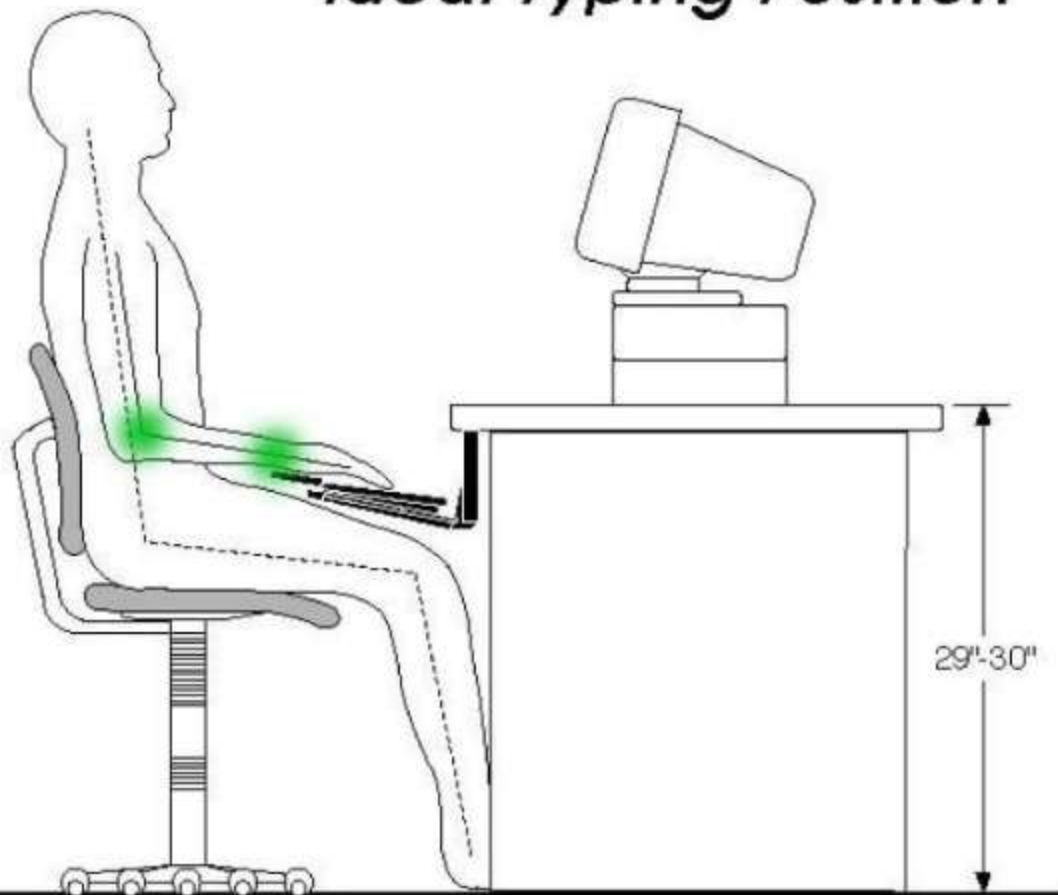
They need to back, not forward.

If you need to reach for your
keyboard or mouse, a shelf is
essential.



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Ideal Typing Position



Essential #7: A Good Chair

You need:

The right height for your hips.

Good lumbar support.

And ideally, a head rest.

This stops your head creeping forward.

And DO NOT have armrests.



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Essential #8: Footrest

This keeps your hips at the right angle, preventing lower back pain and sciatica.



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If you enjoyed this, consider sharing.

If you don't feel like sharing, enjoy
the rest of your day!