

WORKSTATION WELLNESS

Desk Ergonomics for agents – Stay aligned, energized, and injury-free.

Chair Setup

- **Adjust seat height** so your feet are flat on the floor and knees are at a 90° angle.
- **Lumbar support:** Use a cushion or towel roll if your chair lacks lower back support.
- **Avoid hunching.** Armrests should let shoulders relax.

Keyboard + Mouse

- **Keep wrists straight** and elbows at your sides, bent at 90°–110°.
- **Mouse & keyboard** close enough to avoid reaching.
- **Use a wrist rest** if needed

Desk + Monitor Position

- **Screen height:** Top of monitor at eye level, about an arm's length away.
- **Dual monitors?** Place the primary one directly in front, and the second off-center.
- **Lighting:** Avoid glare; natural light is great, but use blinds to control brightness.

Daily Movement Tips

- **20-8-2 Rule:** For every 30 minutes, sit for 20, stand for 8, and move/stretch for 2.
- **Take “showing breaks”:** mimic walking a property — pace while on calls.
- **Stretch** shoulders, neck, wrists, and hips every couple of hours.

Real Estate Agent Quick Wins

- ✓ Stand during client calls or follow-ups.
- ✓ Use a laptop riser or stack books if you're working on the go.
- ✓ Hydrate! Set a water reminder between tasks.
- ✓ Save your back — leave that heavy tote in the car.

A more aligned desk = a more energized agent.

Make your workspace work for you — your body (and your clients) will thank you.
