

TIPS FOR MICRODESK™ USERS



FROM SARAH MAHONEY
OCCUPATIONAL PHYSIOTHERAPIST
DESIGNER OF THE MICRODESK™

Do you use a keyboard tray?

If so, make sure you connect the STEP (flat) sides with the long feet screwed in at the front. Rest these on the tray with the short feet at the rear on your desk.

How high is your monitor?

Choose between the REGULAR (wedge) sides OR the STEP (flat) sides, depending on how high your monitor is. The STEP sides will produce a lower height at the rear of the platform. Most screens (80%) will use the REGULAR (wedged) sides but the step sides are useful when you have a very large screen, or if the screen is positioned low because you are short in stature. You should not have trouble reading the bottom of your screen. You can screw-adjust the Microdesk™ legs to determine your preferred writing slope gradient.



Position your Microdesk™ so that its front edge is just over the first row (usually the function keys) on your keyboard. This ensures that when you write on the platform your elbow is not extending out far from your body. Reducing the reach of your arm will eliminate strain across the back of your shoulders.

Need even more working area?

If you have large files or folders that do not fit well on the Microdesk™ platform top, flatten the height angle by screwing up the front legs and remove the front paper ledge. This allows your surface area to increase by overhanging folders at the front.

Want a longer paper ledge?

Then use the Microdesk™ ruler on its side against the high paper ledge to form a paper support along the whole front edge. This works with supporting papers and books but is not ideal for writing on, as the edge of the ruler is quite hard on the under surface of the forearm.



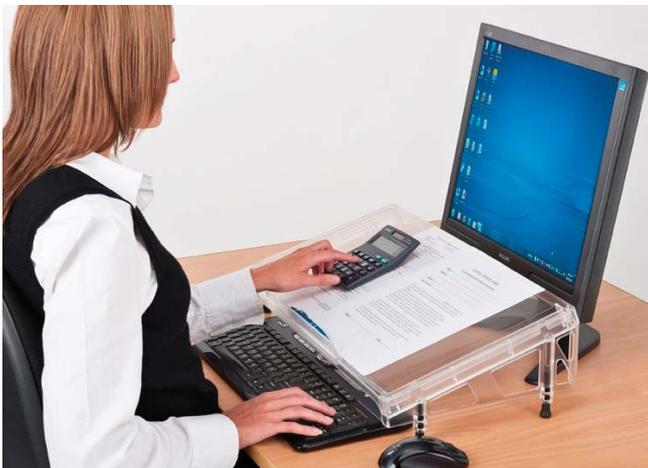


Want a higher paper ledge?

Clip two bulldog paper clips on to the paper ledge. Their wire handles will add an extra inch in height and you can still write on the smooth surface to the side of your paper ledge.

Use a smart phone or tablet?

The Microdesk™ is not just great for paperwork, it is also the perfect place to interact with your phone, tablet PC or calculator.



Don't forget the bottom!

Use the underside of the Microdesk™ platform for sticking reminder notes, phone lists, system codes etc. Family photos also look great positioned here!

Take care of yourself!

Sitting for long periods is not good for your body. Have a regular routine of 'micro-pausing': place your arms at your sides, relaxing your head and neck and breathing with your stomach muscles once every 15 minutes. Just a 30 second micro-pause will make a big difference to how you feel at the end of the day.

Other useful stretches:

Shoulder rolls are useful, also elevating your arms above your head and tucking in your chin in at the same time as you breathe out. And if you can, take a walk (anywhere!) once every two hours.