Ergoport PosturePod

INSTRUCTIONS FOR USE

Carefully follow these instructions to safely obtain the maximum benefits from your PosturePod

AUSTRALIAN PHYSIOTHERAPY ASSOCIATION

Step 1. Remove the PosturePod from plastic wrapping. Do not use a sharp object.

Step 2. Clear a flat space approximately 120cm by 80cm in front of your computer monitor and move your keyboard and mouse to one side .

Step 3. Clean area with a damp cloth to remove any dust and grease. Allow to dry completely.

Step 4. Before affixing the PosturePod to the desktop, ensure you select the best position for the PosturePod
* The top of the PosturePod should be parallel with the monitor.
* The cut-out of the PosturePod should be level with the front edge of the desk. (see diagram)

Step 5. Select the correct position of the PosturePod mark the corners with a pencil.

Step 6. Flip the PosturePod over and the remove the upper adhesive backing strip from the Velcro.
* Do not separate the Velcro strips.

Step 7. Place the PosturePod carefully on the pre-marked position on desk and press down firmly.

Step 8. Place keyboard, mouse and phone on the PosturePod

Step 9. When seated, raise your chair to the highest level possible and then slowly lower the chair until your elbows lightly touch the forearm supports.

Step 10. Ensure that while using the pod that your shoulders and arms are not pushed upwards. Ensure your chair is able to be raised to a height that allows you slight clearance of your elbows while keeping your shoulders relaxed.

DESK   MONITOR   VELCRO (Beneath unit)

KEYBOARD

MOUSE
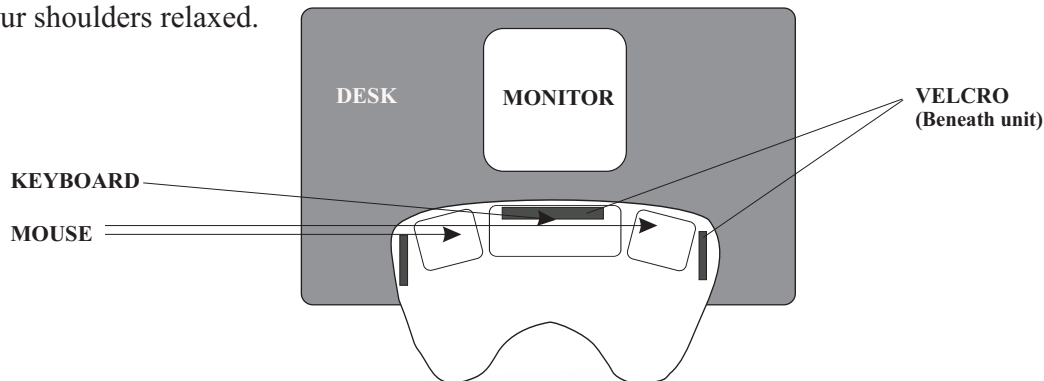
- **Shoulders should be in a relaxed position (not elevated)**
- **Chair backrest should be slightly reclined.**
- **Push chair in as far as possible toward the PosturePod.**
- **Arms should remain in line with the Torso.**
- **Elbows should rest lightly on the elbow supports.**
- **Sit back in the chair as far as possible.**

- **The top of the screen should be at eye level.**
- **Wrist jewellry is not recommended being worn while Posture Pod is being used.**
- **Feet should be placed flat on the floor or supported on a foot rest.**