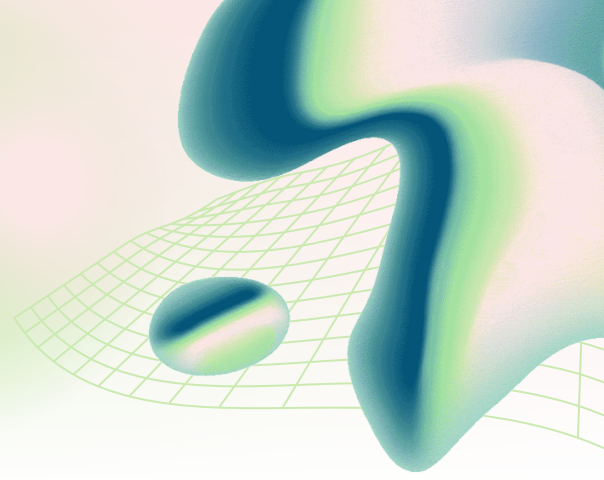


THE DESK SETUP BUDGET CHECKLIST

Haz doble clic o pulsa dos veces para editar



A quick reference for building a home office setup at any budget, from Deskfield.

Under \$20 — Fix the annoying stuff first

- Cable clips or a cable sleeve to stop cords sliding off the desk
- Check your monitor height before buying anything — top third of the screen should be at eye level

\$20–60 — Solve one real ergonomic problem

- A monitor arm if your screen sits too low or too close (VESA 75/100mm covers most monitors — check yours first)
- A footrest if your feet don't reach the floor when your chair is set correctly for your desk

\$250–350 — The two purchases that matter most

- An ergonomic chair with adjustable lumbar support and armrests — this is the single upgrade most people feel first
- A standing desk if you want the option to alternate sitting and standing through the day

Before you buy anything

- Measure your actual desk height and your seated elbow height — most ergonomic problems are a height mismatch, not a missing gadget
- Start with the cheapest fix for your specific problem, not the most expensive product available
- Verify current prices before buying — they change often

Full guides

- Chair buying guide: getdeskfield.com/articles/ergonomic-chair-buying-guide.html
- Standing desk buying guide: getdeskfield.com/articles/standing-desk-buying-guide.html
- Monitor arm guide: getdeskfield.com/articles/monitor-arms-small-home-offices.html
- Budget upgrades: getdeskfield.com/articles/affordable-desk-upgrades.html

Deskfield — research-based home office guides. getdeskfield.com