Home working and staying healthy

Setting up your workspace

Look STRAIGHT AHEAD

Keyboard and mouse supported each side of the desk to avoid twisting. Don’t try STRETCHING.

DON’T SIT ALL DAY

Stand up every 15-20 minutes. Take a break, move, and stretch.

PLANT FEET

If you have low-back pain, plant firmly on the floor. Feet slightly lower than the hips.

Alternately use a box.

A footrest is ideal; planted on the floor.

FEET

additional cushions.

or prop yourself up

relaxed. Adjust chair height

shoulders are down and

level with the desk surface,

ELBOWS

and

STRAIGHT AHEAD

Keep shoulders down and relaxed, elbows behind you for better lower back support.

Look STRAIGHT AHEAD — your work area. When

you can, try being more relaxed and take some

moment to relax your eyes. If you cannot,

make sure there is track lighting for back-up and

adjustable desk-top task lighting. If there is too much

light, put curtains or blinds to close.

A box can be helpful to raise

a cushion to raise the screen slightly and

a cushion to raise the screen slightly and

improve neck posture. Place a cushion

behind you for better lower back support.

Put your laptop on a book / magazine on

a firm surface to discourage"Special

INTERRUPT SITTING:

Stand

yourself up. You may be trying to work

standing, two minutes moving.

minutes sitting, eight minutes

height. A good regime could be 20

on any flat surface at a standing

ideal. Alternatively, put the laptop

adjustable height ironing board is

occasionally to work. An

WORKING AT A DINING TABLE:

stand between your shoulder height and your eye height to avoid this.

Move the chair close to the

desk and bring the laptop near to the

edge. Try to lift the laptop to eye level and

connect a separate keyboard and mouse

to the

WORKING FROM A SOFA:

Maintain your posture and keep

your knees slightly lower than the hips.

place a cushion or rolled up towel

behind you.

ideal. For more lumbar support,

Sit

BACK

in the seat. Add a cushion to the backrest

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