

Home working and staying healthy

Setting up your workspace

Look **STRAIGHT AHEAD**, monitor at eye level or just below and an arm's length away. If using multiple monitors, angle them inwards to reduce neck rotation.

Give your **EYES** a break. Every 20 minutes, look 20 feet away for 20 seconds. 20-20-20.

ELBOWS and **FOREARMS** level with the desk surface, shoulders are down and relaxed. Adjust chair height or prop yourself up with additional cushions.

FEET planted on the floor. A footrest is ideal; alternatively, use a box.



Keyboard and mouse positioned close to the edge of the desk to avoid unnecessary stretching. Don't shrug **SHOULDERS** when typing and mousing; lower the work surface or adjust your chair height to avoid this.

Sit **BACK** taking full backrest support. Adjustable chairs are ideal. For more lumbar support, place a cushion or rolled up towel behind you.

Keep **THIGHS** parallel to the floor, knees slightly lower than the hips.

Regular **MOVEMENT** is key. Get up from your chair 2-3 times an hour for 30-60 seconds or 5-10 minutes every hour. Add dynamic stretches to daily routines as well as walking.