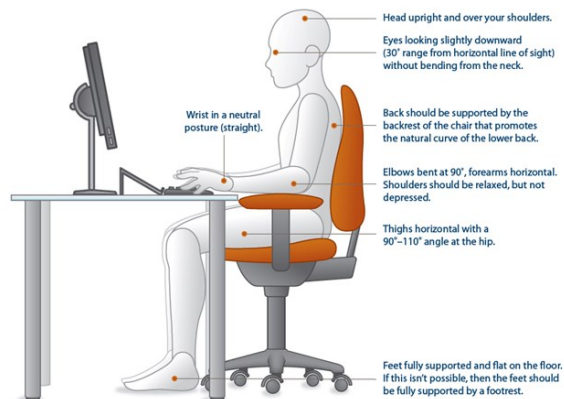


Ergonomic Tips for Working from Home

Seated Set Up

This is the typical set up you want to aim for when working from a seated posture. You should be able to sit back into your chair, feet flat on the floor, monitor straight ahead, and have your keyboard/mouse at your fingertips when your arms are parallel to the ground. If you don't have access to a supportive chair at home, you can roll up a towel to place behind your lower back. If your chair does not adjust in height, and you are too low for your desk/table, sit on a cushion to bring you up to the correct height, and place something under your feet for support.



Adapted with permission from Worksafe NB

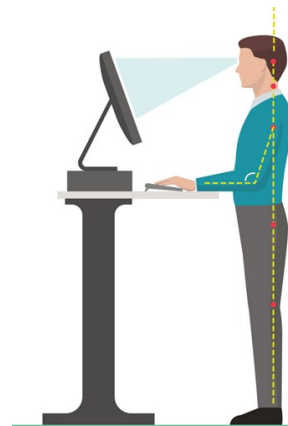
Laptop Use

If you have a laptop, please break up the components as best as you can. For example, use an external keyboard and mouse, and place the laptop on books, a box etc to make sure that you can view your monitor without tucking your chin down, or pointing it upwards.






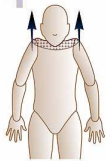







Standing Set Up

If you feel more comfortable standing while working, make sure that your keyboard is set up so that it is the same height as your elbows. This way, you will not be extending or flexing your wrists. Your monitor/laptop should be placed on a lift (or box etc) to ensure that when you are viewing your screen, you do not have to tuck your chin down or point it upwards. Depending on your flooring, you may want to place a small mat under your feet for comfort.



Tips and Stretches

- Follow the 20-20-20 rule! Every 20 minutes, focus on something 20 feet away for 20 seconds. This will help reduce eye strain.
- Don't stay in one position for too long. Static posture is a risk factor for developing a musculoskeletal injury. Change your posture at least every 30-45 minutes.
- Remember to practice self-care. This is a stressful time for many people. Stay hydrated and focus on relaxing your muscles. Reach out to your EAP program for help during this time.
- Perform stretches throughout the day. The below stretches are to be followed as a guide only. If you begin experiencing any pain or discomfort please stop immediately.

	<ul style="list-style-type: none"> • Intertwine fingers rotate palms forward and straighten arms forward • Feel stretch through upper sides of rib cage • Hold for 10 seconds 		<ul style="list-style-type: none"> • Place right hand on left elbow • Gently pull your elbow behind your head to feel stretch in shoulder or back of upper arm • Hold for 10 seconds • Repeat with opposite side
	<ul style="list-style-type: none"> • Interlace fingers, turn rotate palms upward and straighten arms above head • Raise arms to stretch through upper sides of rib cage • Hold for 10 seconds 		<ul style="list-style-type: none"> • Raise shoulders towards ears • Hold for 5 seconds • Relax downward to a normal position • Repeat
	<ul style="list-style-type: none"> • Hold right arm with left hand behind your back • Tilt your head sideways and gently pull down on right arm • Repeat with opposite side 		<ul style="list-style-type: none"> • Put hands together palm to palm • Slowly move hands downward, keeping palms together and elbows even • Hold for 5 seconds
	<ul style="list-style-type: none"> • Put hands together palm to palm and rotate downward • Slowly move hands downward, keeping your palms together and elbows even • Hold for 10 seconds 		<ul style="list-style-type: none"> • Extend your left arm straight over your head and reach up • Hold for 10 seconds • Repeat with opposite arm
	<ul style="list-style-type: none"> • Bend left leg over right leg and look over left shoulder • Place right hand on left thigh and apply pressure • Hold for 10 seconds • Repeat for right side of body 		<ul style="list-style-type: none"> • Place hands on lower back and gently push chest forward • Hold for 10 seconds • Repeat
	<ul style="list-style-type: none"> • Separate and straighten fingers • Hold for 10 seconds • Repeat 	<p>Adapted from WorkSafe NB and The University of Western Ontario MSD Prevention Program</p>	