

HEALTHIER AT HOME

Helpful hints for working at home

1. Sit in a sturdy chair with good lumbar support, feet flat on floor with knees bent slightly lower than hips and thighs parallel to floor.
2. Shoulders should be relaxed allowing elbows to be bent at side of body and wrists in straight position to gently rest on desk/keyboard.
3. Mouse should be within arm's reach using a free floating or relaxed grip to maneuver the mouse.
4. Head upright with chin in neutral position when looking at monitor.
5. Eyes should be level with top one third of screen and the distance of monitor your arms' length away.
6. Headset for phone should be used if use of phone is frequent.
7. Minimize glare by positioning monitor perpendicular to windows.
8. When using a laptop, utilize an extra keyboard/mouse to allow monitor to be elevated, as previously noted, and arms in good working position.
9. Change positions, stand or walk away from your desk every 30 minutes.
10. If you are aware of our Meta-postures®, do them or take a stretch break.