

SETTING UP A HOME WORKSTATION.

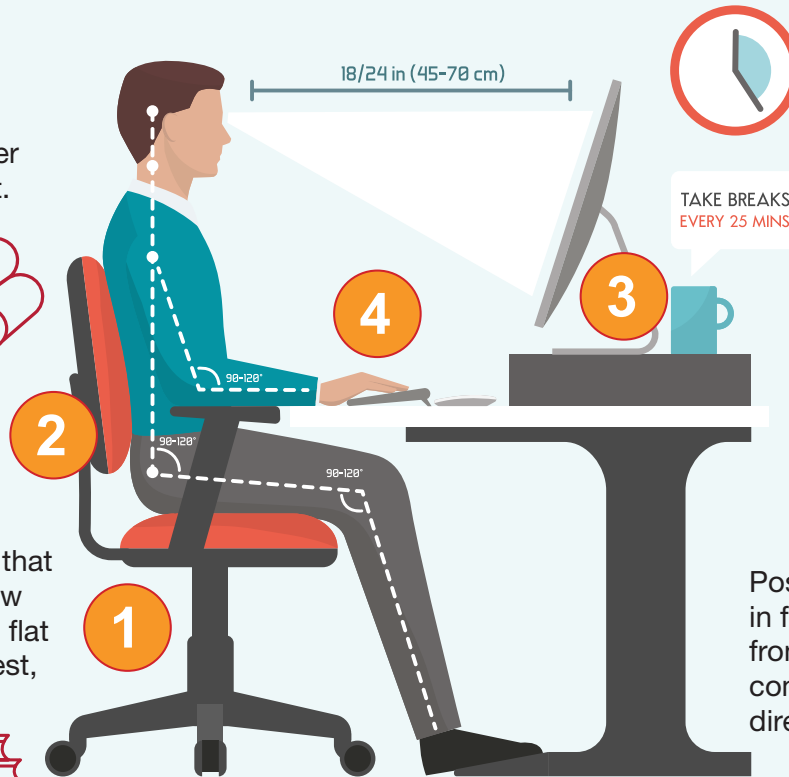
Position the backrest on your chair so the support fits the curve of your lower back when sitting upright.

Use a rolled up towel to add lumbar support, if needed.



Raise/lower your seat so that the desk height is at elbow level. Your feet should be flat on the floor or on a footrest, and thighs horizontal.

A thick book can act as a makeshift footrest.



Position your monitor directly in front of you, approximately an arm's length away. The top of the screen should be level with your eyes.

Need more height? Place it on a thick book or sturdy box.

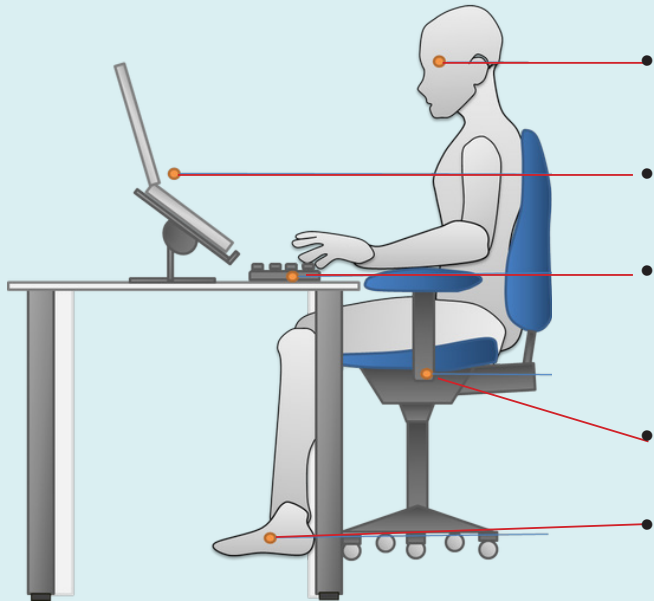


Position your keyboard directly in front of you as close to the front edge of the desk as is comfortable. Place your mouse directly beside your keyboard.

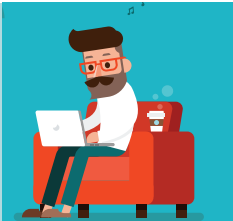


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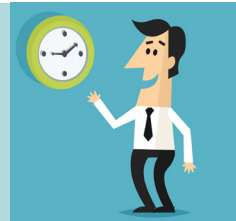
USING A LAPTOP AT HOME.



- Place the laptop on a docking station or elevate the laptop to eye level with a stand or stack of books.
- Bring the laptop close enough to see without tilting your head forward.
- Plug in an external keyboard and mouse to your laptop. Or ensure your laptop is close enough to you so that your arms remain at a 90 degree angle and you do not have to hunch over to see the screen.
- Support neutral elbow posture with armrests or cushions. Use a rolled up towel to add lumbar support, if needed.
- Ensure your feet are flat on the floor or use a footrest, if necessary.



Avoid using your laptop on your lap or in bed as this can put extra pressure on your neck and back.



Take a movement break every hour and vision breaks every 30 minutes.

