

Ergonomics at Home: Setting up a Remote Workspace

SUPPORTED - COMFORTABLE - PRODUCTIVE

Working from home can present challenges with awkward and static postures - below are a few tips and strategies that can help keep you comfortable and safe.

Movement - move around!



If possible, set up different work spaces around the house



Change positions as often as possible



Allow for muscle recovery



Consider standing positions for light reading tasks, or short phone calls



Integrate stretching or microbreaks (every 45-60 mins)

Working in seated positions

- ✓ Choose a study chair with a backrest. Raise yourself with a pillow or cushion on the chair to bring your keyboard and mouse to elbow height
- ✓ Keep windows to the side, not in front or behind the screen
- ✓ Organize your workstation so that items used most often are closest to you
- ✓ Sit with your back fully supported and elbows close to body
- ✓ Position knees at 90, thighs parallel with floor and feet support on floor or object

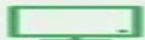


ADDITIONAL WORKSTATION SET-UP TIPS:



External screen to optimize the display of information

Invest in external devices, such as a mouse and keyboard



Use headphones instead of holding your phone on calls

Use books or boxes to keep the laptop screen to keep your neck straight. Locate top of screen to eye level



A rolled yoga mat or boxes can be used to support your feet with your knees at approximately 90°



Working in standing positions

- ✓ Maintain a neutral neck posture by using books or boxes to raise the laptop screen to eye level
- ✓ Raise your keyboard and mouse using boxes or books to just below elbow level
- ✓ Back and neck straight with elbows close to body
- ✓ Be sure you have foot clearance under the surface and wear comfortable shoes



Mental Health and Wellness

It's important to prioritize our health and wellness while working from home by practicing healthy habits to develop a balanced lifestyle. Here are some tips to help you get started.



20 - 20 - 20

Allow for visual recovery. Every 20 minutes, look at something 20 feet away for 20 seconds to help with refocusing of the eyes



Get some sunshine and exercise to increase blood circulation, fresh air and to take a mental break



Support resilience. Take micro-moments to Pause, Reset, and Nurture (PRN)



Keep a work schedule and communicate this to colleagues and household/family



Connecting with friends and colleagues can reduce isolation



Make adjustments to reduce unwanted noise.



Hamilton Health Sciences

Ergonomics Guide For Healthcare

KJ Lindholm-Leary



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