

are you working from home safely?



Starting to feel some mysterious aches and pains? It might be your home office.

It has been several weeks since many of us started working from home. You might be noticing your set up is less than ergonomically ideal. A poor work station could potentially lead to aches and pains. Below are some tips to help you create a more comfortable workspace. As always, please contact Safety or your TMR liaison with any questions or concerns.

1. The Desk

- Actually use a desk/table! Working from a couch or bed puts strain on your neck and back.
- Elbows should fall flush with the desk/table.
- Don't dangle your feet! If needed, place books or boxes under your desk.

2. The Chair

- Use an office chair - Don't have one at home? Borrow your work chair.
- Create lumbar support. Sit on a tightly folded towel. This will raise your hips & increase the curve in you spine = more comfort!

3. Posture

- Don't hunch!
- Align your computer so the web browser bar is at eye level.

4. Eyes

- 20/20/20 Rule.
- Every 20 minutes you are working, spend 20 seconds looking at something 20 feet away.

5. Breaks

- Take a true lunch break
- Move around. Take frequent laps around the house to stay moving.
- Practice chair yoga! See attached.