

Working From Home Ergonomics & Wellbeing

General Guidelines

- If working on a laptop, find multiple positions that are comfortable
- Move and stretch every 20-30 minutes
- Wellbeing habits are ESSENTIAL at home

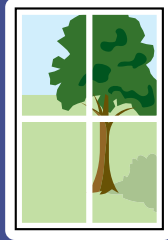
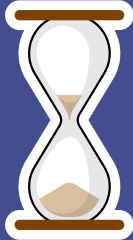
Create A Safe Space

- Ensure electrical capacity and safety
- Create quiet area separated from distractions

Ergonomic Tips

Change positions every 20-30 minutes.

Give Your eyes a break. **20-20-20 RULE:**



20 Every Minutes **20** Break for Seconds **20** Look Feet Away

Micro-Stretch



Home Ergonomic Station Options



Ergonomic Neutral Body Position

- ▶ Supportive chair with back-use a pillow as needed
- ▶ Hips and knees at 90 degree angles-can use box or book under feet for support
- ▶ Elbows close to 90 degrees with upper arms by your side
- ▶ Forearms and wrists straight
- ▶ If you have a separate keyboard, use and raise your laptop so that top of screen is at eye height
- ▶ Find a surface you can stand at comfortably for periods of time

Wellbeing Tips

Go for a walk or exercise multiple times a day

Hydrate frequently and eat well

Stretch every 20-30 minutes

Connect with co-workers

Laugh regularly

RESOURCES

Adult & Child home ergonomics video:

<https://www.youtube.com/watch?v=nnpHLxlj3fQ>

Stretch break video:

<https://www.youtube.com/watch?v=EAWVqB04aBg>