

Ergonomics at Home

Find a Supportive Chair

A chair that will provide lumbar support is important to prevent discomfort. If your only option is a dining room or wooden chair, place a rolled towel or pillow at your lower back for support.



Computer Tips

- 1) Keep your neck aligned with a straight view to screen
- 2) Set monitor at least 18" from eyes
- 3) Keep your elbows at the sides of your body
- 4) Keep your wrists in a neutral position
- 5) Keep your feet flat on the floor

Protect your Eyes

Looking at a screen for hours and hours a day puts a lot of strain on our eyes.

- 1) Adjust your brightness
- 2) Increase text size
- 3) Adjust color temperature to reduce blue light
- 4) Remove your eyes off screen for 20 seconds frequently

Use an External Keyboard and Mouse

Using a laptop mouse pad and keyboard can leave you in a restricted position. If possible, find external sources that allow you to create a comfortable set up to prevent hunched posture and wrist discomfort.

Take Stretch Breaks

It is easy to get stiff from sitting hours a day. Take breaks every hour to move your legs and stretch. It will help get oxygen and nutrient rich blood to your body and brain for better focus!