

Ergonomics Tips for Working at Home

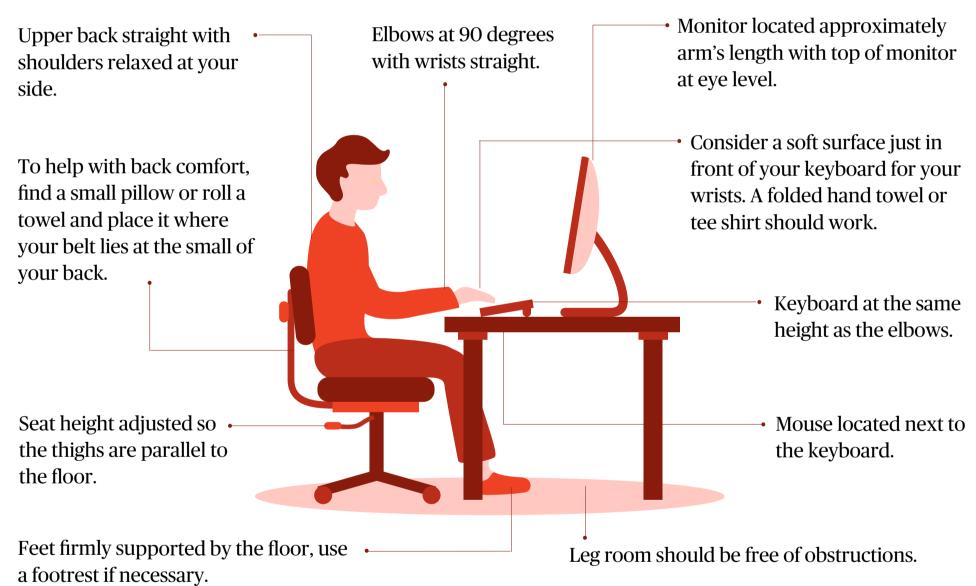
Check out these simple steps you can take to help optimize your posture and improve your comfort when working at home.

1. Select your work space

- Select a work space and chair that allows your keyboard to be located at or just below elbows height when your shoulders are relaxed, and your elbows are about 90 degrees.
- If this is not possible, get creative and utilize a cushion or folded blanket to raise you up.



2. Maintain a good posture





3. Consider standing occasionally while working

- Get creative and utilize your kitchen island or an ironing board as the standing desk.
- Ensure your table height is set to the level of your elbows.
- Standing for up to 20 minutes at a time is recommended while longer durations are not advised.
- If you feel tension in your hips and thighs, take a break and sit.