

REMOTE WORKSTATION ERGONOMIC TIPS

It is important to set up your workstation to allow for neutral postures. To retrofit your remote workspace, try some of these tips for using equipment and tools already at your disposal. We encourage you to think out of the box and explore creative solutions that help you achieve the ideal positioning for you.

DO YOU HAVE POOR ERGONOMIC HABITS?

Recognize poor posture and remind yourself to sit up straight and keep your spine in proper alignment.

It is important to maintain contact with the backrest. If the back of your chair curves, as in this example, it is even more critical to maintain good posture.



IS YOUR CHAIR TOO LOW OR TOO HARD?

Use pillows, blankets, towels, etc. to give added height to your chair or cushion to alleviate discomfort in the back or buttocks.



IS YOUR CHAIR TOO HIGH?

Use boxes, books, etc. and prop up your legs to achieve a 90-degree bend of the knee or wider.



DO YOU NEED ADDITIONAL LUMBAR SUPPORT?

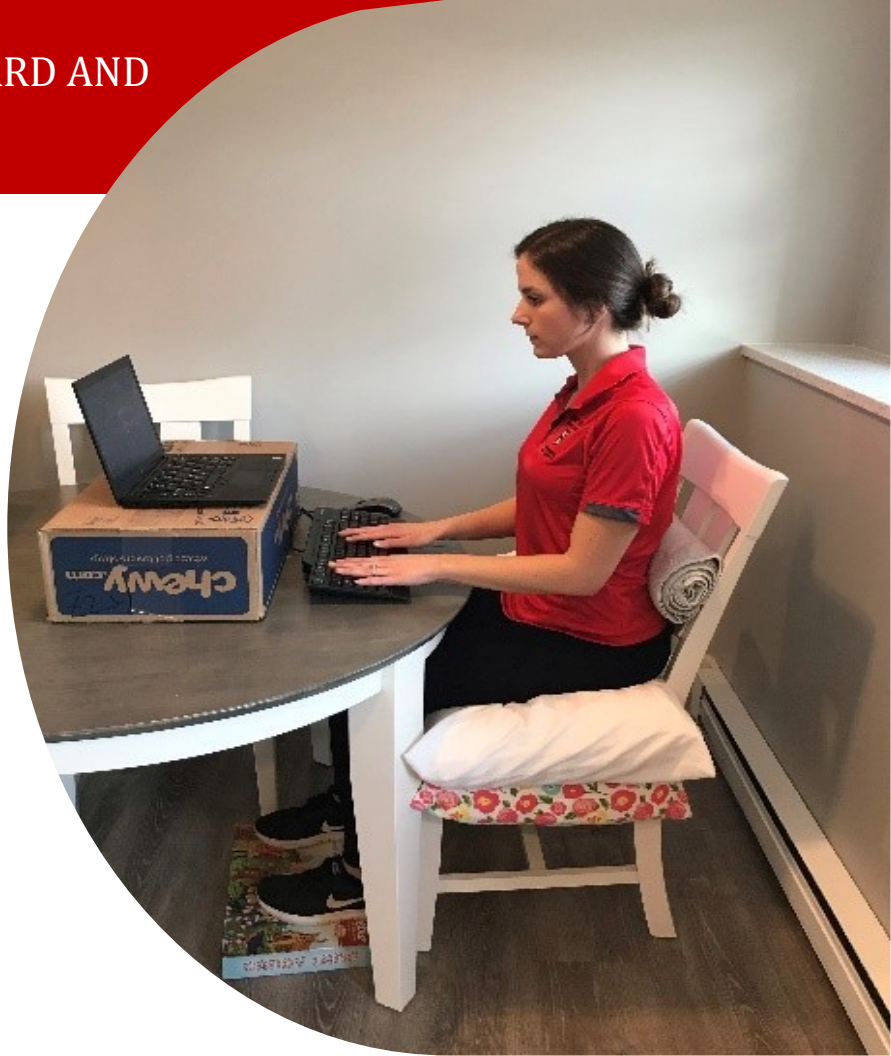
Roll a towel or place a cushion at the small of the back to keep the normal curve of the spine.

Determine the size and placement of the object based on your body's specific needs and comfort levels.



DO YOU HAVE AN EXTERNAL KEYBOARD AND MOUSE?

Use boxes, books, etc. and prop up your laptop screen to at least slightly below eye level. Connect your keyboard and mouse to simultaneously achieve a 90-degree bend of the elbow while typing.



DO YOU NEED SUPPORT FOR YOUR WRIST OR FOREARMS?

Fold a hand towel and place it in front of your keyboard to ease pressure on the wrist or forearms. Remember to maintain neutral positioning while typing.



ARE YOU LACKING AN EXTERNAL KEYBOARD AND MOUSE?

Extend your laptop screen (greater than a 90-degree angle) to a more comfortable position and prioritize continuous microbreaks, stretching and moving, and alternating of work task positions and postures.

