

# 5 KEY HOME ERGONOMIC TIPS

Poor ergonomic practices can lead to musculoskeletal complaints, particularly of the neck, shoulders and back. Often these issues can be attributed to prolonged periods of sitting, poor ergonomic arrangements and/or unfavourable postures. Unfortunately, in the home environment, the prevalence of these issues may be increased. Therefore it is vital that we make the most of the equipment and resources we have available to us and that we adopt favourable behaviour patterns to support working at home arrangements.

Here are some tips to look after yourself while you work from home.

1.



Sit at a table and choose a chair that provides good postural support - avoid sitting on the couch, bed or floor.

2.



Stand at your kitchen bench where possible and alternate between sitting and standing every 20-30 minutes.

3.



Frequent breaks and regular stretches of the neck, shoulders and back are vital. Try walking around the block or standing in your garden or on your balcony when you're on a call. Use your normal commute time to exercise.

4.



Use a separate monitor if available. If you only have a laptop, use a separate mouse and keyboard and place your laptop on a ream of paper or a book so that the top of the screen is at eye level.

5.



For uncomfortable chairs, try placing a rolled towel between your chair and lower back for lumbar support. You can also place a pillow under your buttocks for additional support.