Setting up your Work Space

While working from home, there can be an increased risk for awkward postures that could lead to discomfort. These tips are provided to help you optimize your home environment to avoid symptoms and maintain productivity.

1 Obtain an external monitor, keyboard, and mouse if possible

2 Find a work surface that is the right height for you (dining table, countertop, craft table, card table, etc.)

3 Choose the best chair available in your home

4 Use a rolled-up towel or pillow to provide lumbar support if needed

5 Sit on a cushion to elevate yourself if the work surface is too high (use a footrest if needed)

6 Look for reams of copy paper, cardboard boxes, etc. to use as a footrest if you don't have one at home

7 Raise your monitor using books, boxes, or reams of paper

8 Use cardboard boxes to raise a countertop work surface to the right height for standing work

9 Connect a personal computer monitor or TV screen to your laptop

Additional Tips:

- Set working hours to establish a start and end time for your workday

- Take micro-breaks, step outside for fresh air, or take a walk throughout the day

- Stand up and walk around during phone calls

- Avoid laying down or sitting cross legged on the floor, couch, or bed when working

- Alternate between sitting and standing postures (if possible)