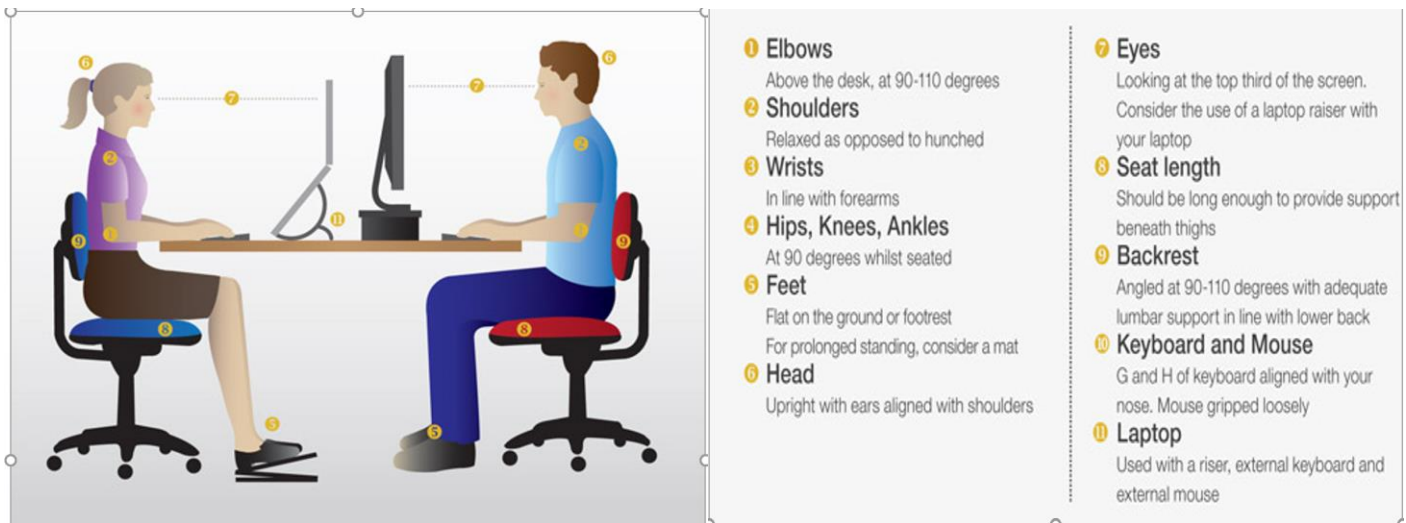


Ergonomics Best Practices at Home

Best Practices if you have an office area at home-



Best Practices for Temporary Set ups for home-

- Use a good chair (if possible). If you don't have a good chair, add pillows for back/leg support, hips and knees should be at 90 degrees.
 - Raise your chair (kitchen tables and desks may be too high), you don't want to reach up to the keyboard and mouse on the table or desk. Use a pillow as a seat cushion to raise your height if needed.
 - Support your feet on a phone book, step stool, etc., if they don't firmly touch the ground while sitting.
 - Raise your monitor or laptop using books, old shoe boxes, etc. to have top of monitor level with eyes or just slightly lower, don't look down. If you wear transition lenses, your monitor height may need to be slightly lower.
 - Use an external keyboard and mouse. It is recommended that the monitor is separated from the keyboard/mouse. The top of the monitor should be at or slightly below eye level, shoulders relaxed with the elbows around 90 degrees accessing keyboard and mouse.
- **Also remember, it is important to take breaks out of your workstation or for stretching whether you are home or at work, frequent short breaks (2-4 minutes) with any prolonged/continuous computer activity of more than 30-40 minutes. (Utilize timers or reminders on computer or smart watches if needed.)