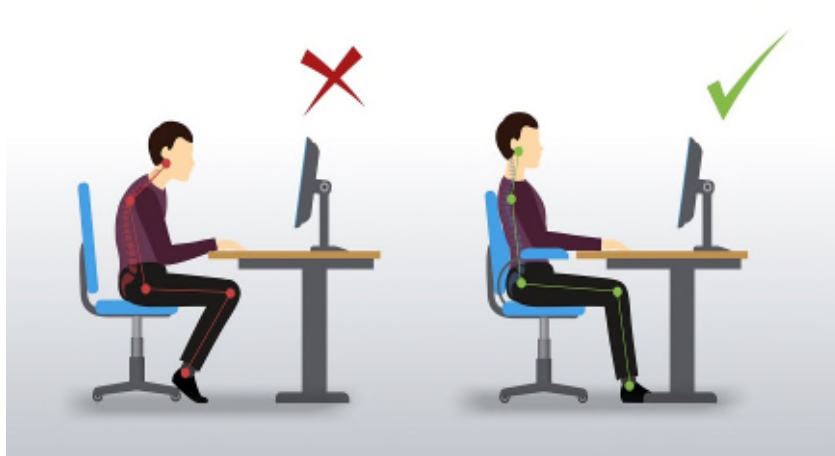


Are you Sitting Comfortably?

In this peculiar period of time most of us are being asked to work from home be that for your job or your children who are being home schooled. This tends to be very different and more intense than being in the office where distractions cause us to pause and take a moment, we may walk to the printer or stand to chat to a colleague rather than sitting for hours at a time on Zoom or conference calls. Even the children would move more as they change class places or move to the next lesson. So here are some top tips and also some detailed information regarding ergonomics.

Take a look at the image below to see how your desk set up matches up (see pg 2 for a more detailed explanation)



Anna's Top tips for home working:

- * Take frequent breaks
- * Stop take your eyes off the screen and focus on an object in front of you away from the screen
- * Stand up to take a phone call put your laptop on the kitchen surface for a better height
- * Sit with pelvis tipped forwards—hips higher than knees (this keeps the spines postural curves)
- * Keep everything in easy reach so you aren't over stretching and pulling on the mid back
- * Whenever possible use a separate keyboard and mouse so then you can have your screen at the correct height (top of the screen at the height of your eyebrows)



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More details on set up:

Chair. Ideally get an adjustable ergonomic chair.

If you are tall choose a chair with a deep seat. If you are short a chair with a short back.

Sit deeply into the chair and tilt the pelvis forwards (use a cushion or seat wedge to help)

Make sure there are 3 fingers gap between the front of the chair and the back of your knees

Have your feet flat on the floor or use a foot rest

Arm rests — sit with shoulders relaxed the arm rests should be at the height where your elbows are flexed at a relaxed position (roughly 90 degrees) they should not feel pushed up.

What is the right height?

Bring your chair close into the desk your arm rests should be at the height of your desk—no arm rests? - have the desk so that your arms rest on it with a 90 degree bend. Now re –check your foot to floor position.

Screen Height

If you can work with a separate monitor, keyboard and mouse. Set your monitor so that the top of the screen is level with your eyebrows. If you have a laptop consider raising the screen using some books or a ream of paper under the laptop. Tilt the screen also to help distance the screen from your eyes.

In general keep your mouse and keyboard close to you to prevent over reaching. Finally if you refer to paper work consider using a document holder to stop looking down.

Even with the best set up eventually one will still start to feel stiff or achey. Please listen to these warning cues and act before real pain sets in.

Stop , move, consider a change of position.



Can't get it right?

Call Anna and we can arrange a virtual assessment

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