

Protect Your Spine

Office Ergonomics while Teleworking

Posture

Maintain a neutral neck, relaxed shoulders, and flat wrists

Elbows, legs, and hips should be kept at/close to a 90 degree angle

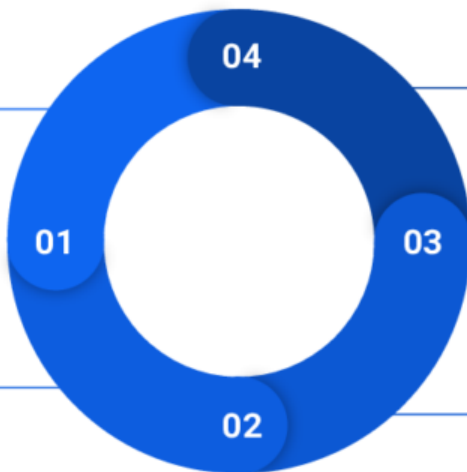
Ensure the feet are supported by the floor (or another acceptable footrest)

Computer

The top of the computer screen should be placed at or a little below eye level

Hold off from using laptops on your lap to reduce stress on the neck while looking down

Set up the monitor so that it is arm's distance away & perpendicular to windows



Chair

Choose a chair that offers support for the lower back and decreases pressure on the posterior thighs

If using a standard chair, utilize a rolled-up towel or supportive pillow for added cushioning

Activity Breaks

Switch from sitting<->standing during the day to reduce inactivity

20-20-20 Rule: To minimize stress on the eyes and consequent headaches, look at an object that is 20 feet away for 20 seconds every 20 minutes.