

Work from Home Ergonomics

Chair

Height: When sitting, your heels should have a firm contact with the ground and knees bent to 90°. Knees should be at hip level.

Backrest: Should be in a locked, upright position. The lumbar support should be just above the belt line, in the small of the back.

Seat Depth: With feet flat on the floor and the heels forming a firm contact, check that the clearance between the back of the knee and the front of the seat fits a clenched fist.

Arm Rests: Should slide just underneath a neutral elbow position so that the shoulders stay in a neutral posture. A neutral shoulder posture means the shoulders are not raised or depressed, nor is the upper arm flexed away from your torso. Instead, the upper arm is comfortably tucked next to their torso when you are working.



Desk

If the desk height is not adjustable, adjust the height of the chair seat so that the elbows are at the same height as the keyboard.

Footrest: This may be necessary when the chair has been raised to accommodate the work surface, and the feet are left unsupported (not touching the ground).

Laptop/Monitor

Monitor Distance: Monitor should be placed within one arm's length of being seated. The height should allow the neck to be in a neutral position when looking straight ahead at the top third of the screen.

Laptop: Raise the laptop (can use a laptop stand or books from home) so that eye level is at the top third of the screen. Since the laptop will be raised to provide your neck an optimal position the keyboard will be too high. Use an external keyboard and mouse to ensure optimal posture for both your neck and upperbody.

Keyboard/Mouse

Keyboard: Adjust the height of the keyboard tray or work surface to be at the height of the elbows.

Mouse: Should be placed directly adjacent to the keyboard. Use attachments to the tray if you cannot fit the mouse beside the keyboard or place both the keyboard and mouse on the desk.

Keyboard Tray: If there is a tray, adjust height and angle of the tray to ensure wrists are straight. Use chair to support this change.

Always Remember to Move!

Move more! Change your position every 30 - 45 minutes. Any movement is helpful.

Being active is NON-NEGOTIABLE!

Questions? Contact me @ edanson@highpointclinic.com

Thank you for joining me today!