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Create a Healthy Home Workspace
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Working from Home?



"IT MUST BE NICE HAVING A JOB WHERE YOU CAN WORK AT HOME."
Proctor & Krieger

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Objectives

- Identify common problems that can develop in the home workspace
- Identify components of a good work station
- Problem solve common work space issues
- Discuss 10 ergonomic dos and don't
- Identify ways to change your work station
- Practice common stretches to prevent future injury

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 **Background**

What does working at home feel like to you?

When you work from home and you're still in your pajamas at 3pm




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 **Common Problems**

Have you experienced any problems related to computer use?

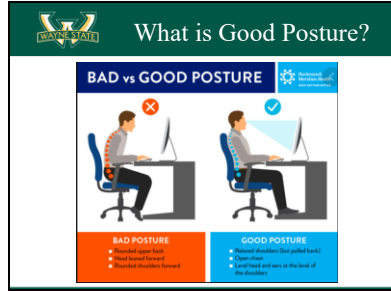


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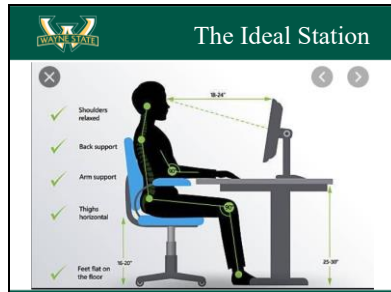
 **5 Common Problems**

1. Tendon injury
2. Back discomfort
3. Headaches & eyestrain
4. Neck & shoulder pain / stiffness
5. Nerve compression

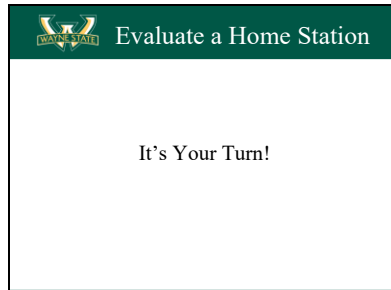
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 **Ten Dos and Don'ts**

1. Don't hunch over your laptop
2. Do work at appropriate height
3. Do use an office chair if possible
4. Don't give up on your current chair
5. Don't let your feet dangle

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 **Ten Dos and Don'ts**

6. Do follow the 20/20 Rule
7. Don't turn your couch into a workstation
8. Do customize your space to fit you
9. Don't skip lunch & stay hydrated
10. Make sure you get up and walk around

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 **Change your Workstation**

- Head & Neck
 - Elevate your monitor
 - External keyboard and mouse



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