

**STAY HOME & STAY ERGONOMIC**

Working from home comes with its challenges, especially if the change has occurred quickly and you don’t have the furniture and ergonomic products you are typically used to. The following tips can help you avoid possible injury and help you maintain healthy working habits during this challenging time.

**20/20/20 MICRO PAUSES**

Because most of us are working with limited equipment and from kitchen counters or less than ideal workspaces, I want to encourage everyone to take micro pauses and utilize the 20/20/20 Rule. Set a timer, for every 20 minutes of screen time, take 20 seconds and focus on something 20 feet away. I tell people you might as well stand up during that 20 seconds too. By doing this you allow your eyes a much-needed break along with a quick reset for your body and brain. Your best posture is your next posture!

**CHAIR**

Most of us won’t have adjustable office chairs available. Instead, try placing a thin pillow or a folded fluffy towel on the seat of your chair. It can make an ordinary chair a bit more comfortable.

**BACK SUPPORT**

If you struggle with low back pain, try placing a rolled-up hand towel between your chair’s seat back and your lumbar back. This will provide you with some added back support.

**LAPTOP & TABLET USE**

The number one thing you can do is utilize a separate keyboard and mouse in conjunction with the laptop. This will allow you to then raise the tablet or laptop screen to eye level. You can utilize books or a shoebox to achieve the proper eye level height. If you don’t have access to a separate keyboard or mouse think about raising the laptop up while reading and then lowering it back down when keyboarding.

**HELPFUL APPS AND LINKS**

Apple provides essential tips for iPhone users such as utilizing voice commands rather than texting with the following link: <https://tips.apple.com/en-us/ios/iphone>

SWORKIT is a fun app that provide great stretches and timers to get you moving <https://sworkit.com/>

HEADSPACE is a wellness and meditation app that you can utilize for free for the first 10 days. It’s said to lower stress and increase focus: <https://www.headspace.com/headspace-meditation-app>

Below are some quick and easy neck stretches. You can print them out and keep them by your workspace as a reminder to move and stretch.

RESIG is here to assist you during this rapidly changing and challenging time. Please reach out via email with your ergonomic questions to:

Kelly Cook, CEAS, CPDM

Sr. Return to Work/Ergonomic Advisor, RESIG

kcook@resig.org

**Be Well and Be Safe Everyone**

