7 SURE-FIRE WAYS TO SET UP

THE BEST HOME WORKSTATION

Here are some super easy things you can do to maximise your comfort while working from your desk at home. For during lock down and beyond.

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TAKE ACTION TODAY!

Adjust your workstation for a pain-less work day

1) Make sure your knees and hips are bent at 90 degrees - prop our feet up on a box (or similar) to optimise their angle. Preferably your ankles should be slightly bent upwards too, giving a bit of 'back pressure' to your legs.

2) Sit back as far as you can, and make sure your lower back has some support (roll up a towel if you have to). We use a nice little support called a Lumbar Roll that fits easily to any chair.

3) Make sure you have a slightly downwards gaze when you're looking at your computer screen. This ill encourage you to sit up straight. Elevate the screen by putting some books underneath it if you need to raise it up.

4) Check for glare - make sure the lighting in your office space is appropriate and doesn't cast a rebound brightness back from the computer screen. This will cause you to squint and over extend your neck.

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YOUR BEST SITTING POSTURE SHOULD BE AN EASY ONE

Your body will never hold a posture that is metabolically expensive to maintain

5) Your elbows should be comfortably bent (just less than 90 degrees) and easily able to reach your keyboard and mouse from a relaxed position. You shouldn't have to move your arms too much from the elbows down up access these pieces of equipment.

6) The keyboard should be flat to avoid over-extension at your wrists. Resist the urge to type hard and fast - touching the keys lightly will prevent over-use of the muscles where they attach at your elbows.

7) If you have arms rests on your chair, make sure they are not too high - this could cause you to hold your shoulders up and cause muscle pain and fatigue (felt like a burning sensation across the top of the shoulders)
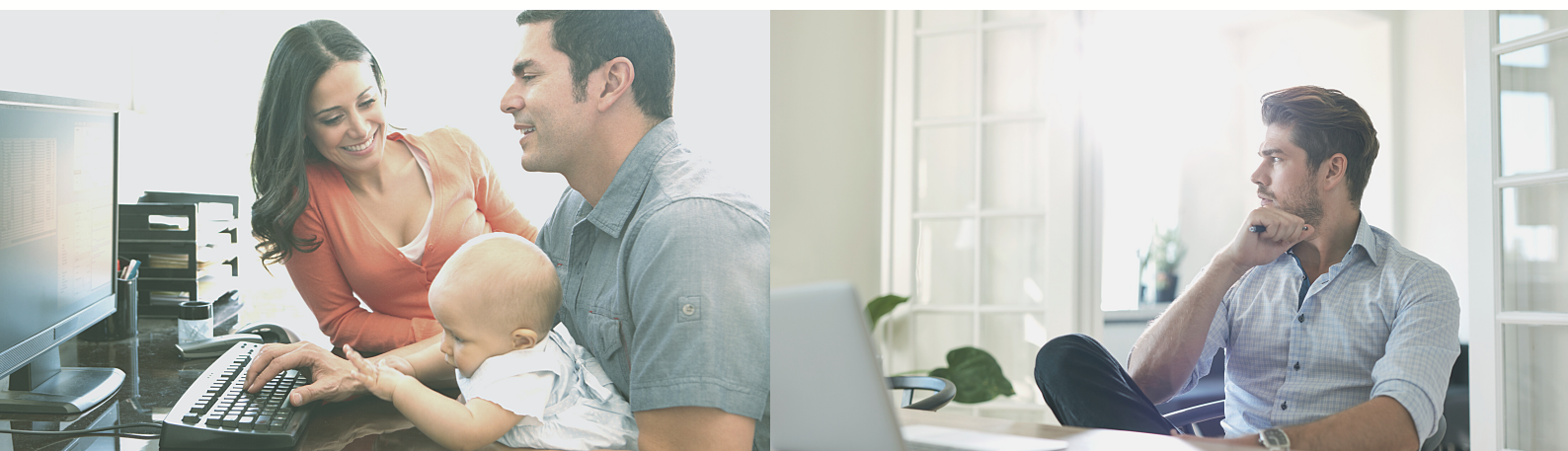
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