

## **Ergonomics Tips for Working at Home**

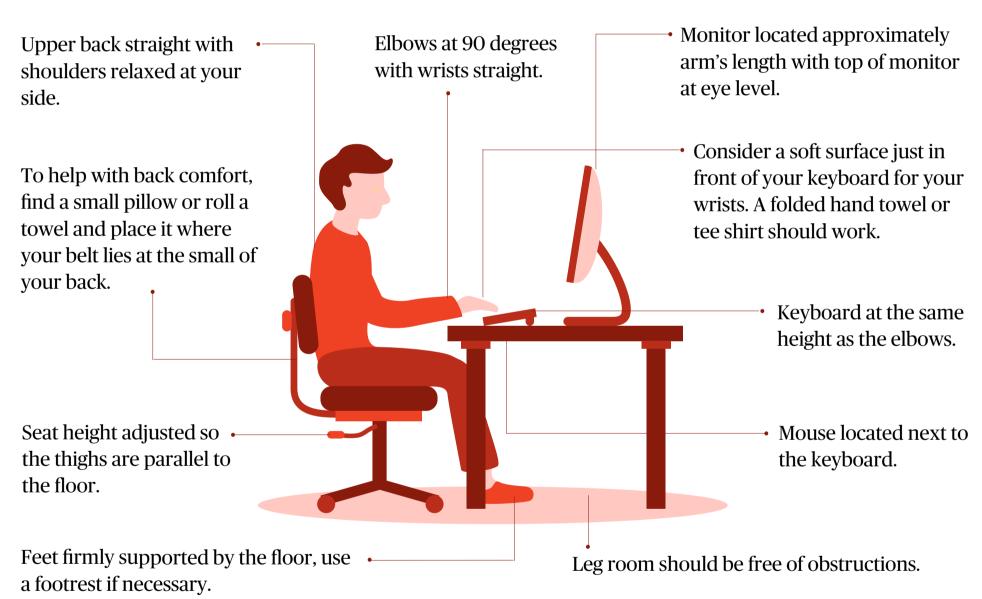
Check out these simple steps you can take to help optimize your posture and improve your comfort when working at home.

## 1. Select your work space

- Select a work space and chair that allows your keyboard to be located at or just below elbows height when your shoulders are relaxed, and your elbows are about 90 degrees.
- If this is not possible, get creative and utilize a cushion or folded blanket to raise you up.



## 2. Maintain a good posture





## 3. Consider standing occasionally while working

- Get creative and utilize your kitchen island or an ironing board as the standing desk.
- Ensure your table height is set to the level of your elbows.
- Standing for up to 20 minutes at a time is recommended while longer durations are not advised.
- If you feel tension in your hips and thighs, take a break and sit.