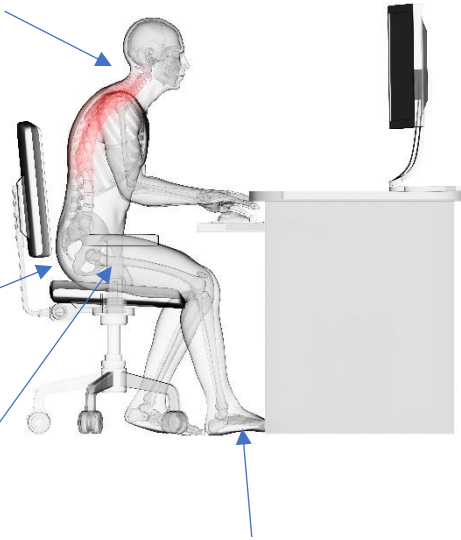


Home Working and Staying Healthy

Create work area at a desk or dining room table.
NOT A SOFA
Ironing boards can make temporary standing desks

Don't peer at screen, this increases neck strain, keep head / neck upright



Make sure back of hips are always in contact with back of chair

Take arms off chair or lower them so they **easily** pass under desk.

Keeping feet flat on floor reduces back strain by 20%

1. Get up and move every 20 mins.
2. Stiffness means it's time to move.
3. Standing / sitting desks are good.
4. If using a laptop, attach a monitor screen to it.
5. Move around lunchtime / brisk walk in the evening.

Create the right environment

Room – clean and bright is good- redecorate if necessary

Temperature – Not too warm, 21C is best.

Light - Natural light is best, be mindful of computer screen glare from bright lights / sunlight

Green plants – increases productivity / reduces carbon dioxide / improves your environment

Window – Open in evening to freshen air

Workspace - create workspace away from living area if possible. This reduces distractions and stress.

Stress – remember stress is accumulative, maintain good work habits from the start.

Maintain - good postural habits at work and just as much in your free time.