



AGING WITH ALOHA
ERGONOMICS

COVID-19 Work From Home Ergonomic Tips

During this unprecedented time, working from home has become the new normal for many of us. Every home and everybody is different - the overall goal is the same: neutral posture for your spine and joints. Here are some helpful tips to set up your workspace at home.



Poor ergonomics can lead to a series of issues including development of Musculoskeletal Disorders (MSD's) such as carpal tunnel, neck and back pain, negatively effecting productivity and more importantly, ones quality of life.

- 1 Monitor:**
Head and neck in neutral position with monitor at one arm's-length away, eyes level with top 1/3 of screen.
TIP: Use books/reams of paper to elevate monitor.
- 2 Shoulders and Neck:**
Relax, and keep your back and neck in a neutral position. Ears, shoulders, and hips should align.
- 3 Chair:**
Sit upright and all the way back in a chair with hips at a 90 degree angle. Use a pillow or rolled up towel for back support if needed.
- 4 Work Surface:**
Find a workspace in your home that gives you the opportunity for the best posture, avoid using your couch or bed.
- 5 Wrists:**
Wrists in neutral position with keyboard and mouse in close proximity. If using a laptop, an external keyboard and mouse are recommended.
- 6 Elbows:**
Elbows at 90° angle by your side with forearm parallel to the ground. Place frequently-used items in close proximity to avoid overreaching.
- 7 Knees:**
Knees at 90° angle seated in the chair, allow two-finger spaces between chair and back of the knee to avoid pressure.
- 8 Feet:**
Both feet should be flat on the ground, with your ankles in a neutral position.

Healthy Habits for Working From Home

- Take frequent breaks for stretching and repositioning (every 30-45 minutes).
- Avoid prolonged laptop and cell phone use - they do not promote good ergonomics.
- Be mindful of the areas that you're prone to pain, and work around that.
- Its about progress, not perfection.