

## Good Ergonomics for Your Home Work Space

### How to Set Up Your Work Station:

- **Screen Distance:** Arm's Length Away (18-30")
- **Head, Neck, & Eyes:** Avoid strain by keeping your screen at eye level  
 \*Connect a monitor to your laptop to use a dual screen while keeping your screen at eye level
- **Back & Shoulders:** Use a chair with good lumbar support \*Prop a pillow behind you for additional support
- **Elbows & Forearms:** Rest on armrests at your side (about 90 degrees) keeping forearms parallel to the floor \*Implement a lower keyboard option such as a lap desk or side table
- **Wrists & Hands:** Keep a neutral wrist
- **Feet & Lower Limbs:** Flat on the floor, while keeping knees at hip level or below, and allow 1-2" of space between your legs and the seat for good circulation.  
 \*Utilize a foot rest if you find that your feet do not reach the ground



### Utilize a standing work station



- Use a tall surface such as a counter
- Wear shoes to support feet comfort
- Use a mat to add cushion while standing for long periods of time
- Keep your laptop at eye level, this can be done with a laptop stand or stack of books



### Take a Break Every 30 Minutes for 10 Seconds!



- **Move Around**
- **Switch up Positions**
- **Correct your Posture if Needed:** Avoid crossing legs, pressure on elbows, and rounding shoulders
- **Avoid Eye Strain:** Minimizing screen glare and blink often, every 20 minutes give your eyes a break from looking at the screen, utilize additional settings (dark mode, brightness to match the lighting of your environment, and appropriate contrast)