

Tips for Working Virtually – Week of 4.27.2020 (**Ergonomics**)

Good Morning DOR Colleagues!

This week we are sharing ergonomic survival tips to promote a healthier workplace at home. Check in with yourself and notice if you are experiencing any discomfort in your workspace. Use these tips to make adjustments and practice proper ergonomics to help combat the stress and strain of working remotely.

- Find a table that matches your seated resting elbow height (avoid the couch!)
- Repurpose things you have at home- books to raise your laptop, a pillow underneath your seat, or a rolled towel for lumbar support
- Change your position often and take time to stretch out your neck, shoulders, spine and hamstrings
- **Practice the 20-20-20 rule: Every 20 minutes, take 20 seconds to stand up and move and look 20 feet away**

Reference: <https://www.cnbc.com/2020/03/19/ways-to-make-your-work-from-home-space-ergonomic-better-for-your-back.html>

Check out the tips attached from KP's Live Well Be Well for recommendations on how to set up your workspace with the equipment you have.

Stay healthy!  
The PC Advisory Group