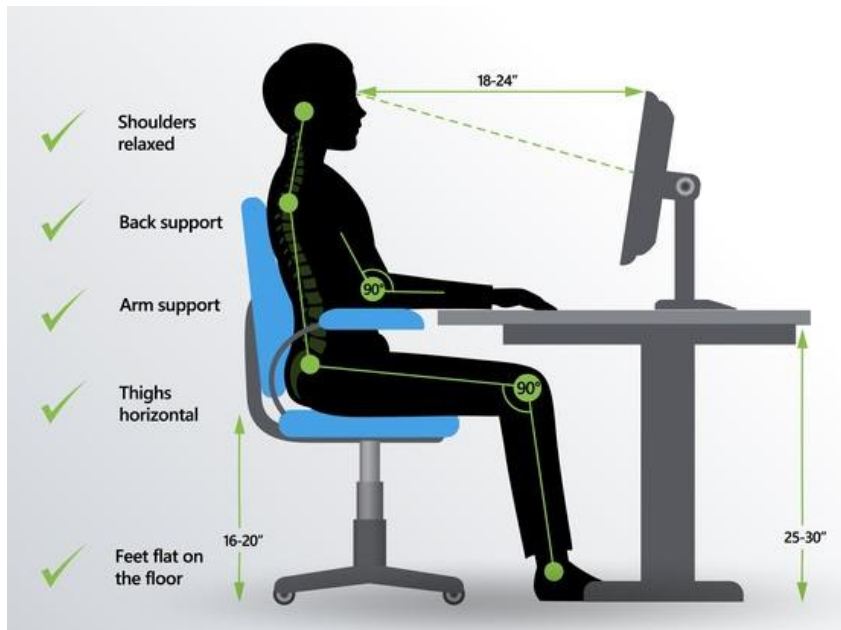


Working From Home *Ergonomics*: Work Station Setup



Remember: regardless of how good your WFH set up or posture might be, staying in any position for too long can cause pain and discomfort.

Movement is the best prevention and treatment – so take short and regular breaks, ideally every 45-60minutes!

A **good work station leads to better productivity and helps maintain good posture**, so having an ergonomic work from home (WFH) station is essential.

Choose a **desk and chair** that suits your body – ideally, both of these will be adjustable.

A **well-adjusted chair** should allow you to keep your shoulders relaxed and support your back. Your feet should be comfortably flat on the floor and your knees should be slightly higher than your hips.

Adjust your desk so that when your shoulders are relaxed, your forearms are comfortably horizontal on your table.

This can sometimes be difficult, so **try the following tips:**

- For a **chair that is too low**, place a pillow/cushion onto the seat so you are able to boost yourself up.
- For a **chair that is too high**, use a shoebox/small stool as a foot rest. Be careful to keep your knees slightly lower than your hips.
- If your **chair does not have an adjustable back**, roll up a small towel (adjust the thickness as you feel comfortable) and tuck it into the small of your back. This will also help remind you not to slouch.
- If your **chair has armrests** which are making it impossible to sit properly (e.g. they're too high and your shoulders are hunching, or they are blocking you from moving your chair closer to your desk), consider removing them. If you cannot, consider choosing a chair that is better suited for your desk.

Try to **avoid** working:

- On desks/tables that are very low or very high, or those with rounded edges.
- In spaces that are restricted, cluttered, or have uneven surfaces.
- In postures that are twisted, hunched or slouched.

If you have any aches and pains, questions, queries or would like a WFH assessment, physiotherapy can make a world of difference for you.

Please give us a call on 9872 8155 (Carlingford Court Medical Centre)/ 9873 3888 (1Health Medical Centre), or make an appointment to see one of our physiotherapists at:

<https://tanhands.com.au/bookings/>