

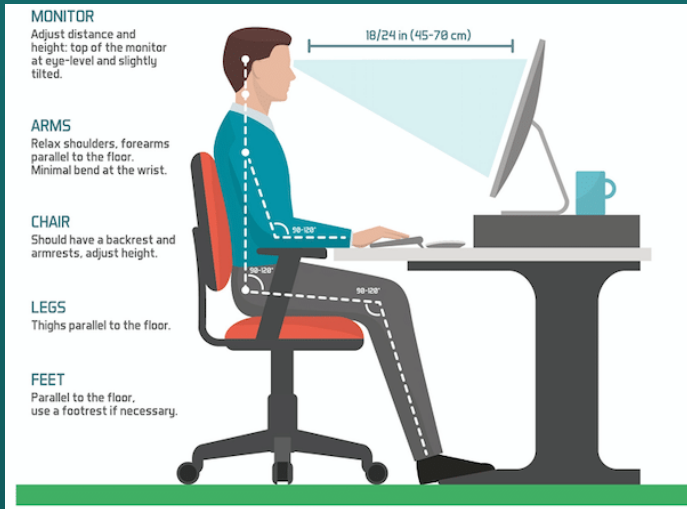
# WORKING FROM HOME DURING COVID?

# TIPS TO SET UP HOME OFFICE SPACE TO REDUCE LOWER BACK PAIN AND STRAIN

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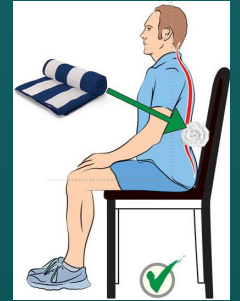
## ADJUST YOUR POSTURE

- Ensure feet are in contact with ground.
- Thighs should be parallel with ground.
- Sit straight with hips at 90-110 degrees.



- If chair is too high, put a foot rest under your feet so thighs are parallel to ground.
- If chair is too low, sit on pillow or cushion.
- Use a backrest to support your low back (if backrest is not adjustable, roll up towel and place in curvature of your low back).
- Set your arm rests with elbows at 90 flexion.

- Avoid hunching over by placing books under your laptop or computer so that the top line of text on the screen is at eye level



## MAKE CALLS HANDS-FREE

### USE EARPHONES, HEADSET, OR SPEAKERPHONE

- In this way, you can reduce the risk of leaning trunk over to one side for extended periods of time, and thus prevent pain.



## PLACEMENT OF ITEMS

### ITEMS YOU FREQUENTLY USE GO IN YOUR "PRIMARY ZONE"

- This can be items such as mouse and keyboard. This is the zone where you don't have to lean or twist your body, typically up to 30 cm from you.
- Place the screen directly in front of you to avoid an awkward posture of twisting your body to view the screen.



## MOVEMENT BREAKS

### TAKE MOVEMENT BREAK FOR 5 MINUTES EVERY HOUR



Walking around your home during a long business call. Place items (ie. printer) away from desk to promote short-distance walk.

Try the following stretches to alleviate any discomfort while working from home!



## References

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