

Work from home options

45 minutes to an hour at a time



Seated at a desk

- Feet supported by the floor or footrest
- Keyboard and mouse at elbow level
- Top of screen at eye level or a little lower
- Screen at right angles to bright light sources to avoid glare
- Text large enough to avoid squinting or leaning forward



Standing at a desk

All of the above, plus:

- Good shoes or a cushioned mat for comfort
- Shift your standing posture frequently by putting one foot up on a footrest

45 minutes to an hour at a time



Reclining on a bed or couch

- Pillows behind lower and upper back, and head to provide support
- Pillow under knees to raise the screen
- Keep your shoulders relaxed and your wrists straight

20 to 30 minutes at a time



At the kitchen table

- Rest your forearms on the table for support
- Avoid pressure on your wrists or elbows
- Add a cushion to the seat for comfort and a higher position
- Use a small cushion or rolled up towel for lower back support

Healthy Habits

- Switch between the above options frequently.
- Every 20 minutes, take 20 seconds, and look at something 20 feet away to rest your eyes.
- Go for a walk on longer breaks to increase blood flow and help your muscles to relax.