

## Ergonomic Tips for Working at Home: Brad Weiss, D.C.

Here are some tips to protect your health while working from home:

### 1. Preferred - sit at a desk with a desktop computer using a supportive office chair

- a. The chair's lumbar support should be upright, putting pressure on the low back (just above the beltline). If possible, the seat should tilt slightly forward.



*Bad Chair Ergonomics*



*Good Chair Ergonomics*

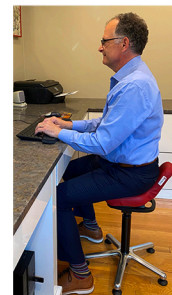
- b. Your eyes should be level with the upper 1/3 of the monitor.
- c. Your elbows should be close to 90 degrees and your wrists should be neutral (not flexed or bent).

### 2. Standing Desks

With standing desks, the same rules apply regarding hands on the keyboard and monitor height. Remember that you were not designed to stand in one place all day. Take a break and move away from your desk at least once every 20 minutes. It's best to alternate throughout the day--e.g., standing desk for 20 minutes, take a 2-5 minute movement/stretch break, sit at your desk for 20 minutes, take a 2-5 minute movement/stretch break, and then back to your standing desk (and repeat).

### 3. Active Sitting

A new concept in sitting is active sitting. Active sitting follows two principles: staying in motion and activating your core. It also naturally puts you in good posture. For example, sitting on an exercise ball (of the correct height) is active sitting. There are activating sitting chairs on the market as well.



### 4. Laptop Use

Laptops are not optimum for long-term computer use because the screen is so close to the keyboard. This causes your neck to be flexed forward, putting stress on it and upper back muscles and joints. Here are tips to decrease the stresses on your body from laptop use:

- a. Raise the screen height so you do not strain your neck with a laptop stand. You can do this with an empty large-ringed loose leaf notebook to put less stress on your neck without compromising your hand position

- b. If using a laptop on a Zoom meeting- raise it with boxes so that your eyes are looking at the upper 1/3 of the screen.



*Bad Zoom Posture*



*Good Zoom Posture*

- c. If possible, connect your laptop to a monitor which you can put at the correct height (or better yet, use a docking station or KVM Port switch so you can use a remote keyboard and mouse).

## 5. Tips for sitting at the kitchen or dining room table

If using a kitchen or dining room chair, put the appropriate sized pillow behind your back to give yourself lumbar support, and use a laptop stand.

## 6. Tips for sitting on the couch

DO NOT sit on the couch. Most couches are too soft and do not give your back support. If you have no other choice, put pillows behind your back for support and a pillow on your lap to raise the laptop to a better height. There are laptop stands for couch use, but this is still not a good idea for long-time computer work.

## 7. Take Breaks!

You need to get up regularly! At least once every 15-20 minutes. Life is motion and you need to move your body. Get up, walk around the room, go up on your toes, swing your arms, do a few jumping jacks. Get the muscles moving and blood circulating!

## 8. Tips for Laptop use in bed

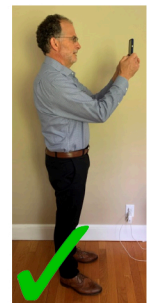
- Avoid positions that put your neck into flexion
- BEST- sit up in bed with pillows on legs to raise the height of the laptop
- Lie on your stomach and prop up your upper body with elbows or a pillow (also known as McKenzie Prone Extension posture)

## 9. TEXT Neck

Yes, this is real! As long as we are talking ergonomics, when you text with your neck flexed, you put significant stress on it. Your head weighs about 10 pounds. If your head is forward 30 degrees, the stress on your neck is 40 pounds. If your head is forward 60 degrees, the stress on your neck is 60 pounds. It's best to keep your head up, brace your elbows on your chest, and flex them so your phone is closer to eye level.



*40lbs of stress on neck*



*10lbs of stress on neck*

For more information and videos, go to the Self Care Tab at: [PerformanceHealthCenter.com](https://www.performancehealthcenter.com)

For more on active sitting, go to: <https://bit.ly/3x9sc7w>

For specific questions, e-mail me at: [drbradweiss@performancehealthcenter.com](mailto:drbradweiss@performancehealthcenter.com)