

# KEEP WELL:

## ERGONOMIC TIPS TO IMPROVE YOUR WORK/STUDY SPACE AT HOME

Working and studying from home is becoming increasingly more prevalent and we want to ensure that you have the knowledge to ensure your home workspace is ergonomically laid out. Ensuring your work desk/work station is set up correctly will facilitate good posture and reduce the likelihood of musculoskeletal disorders (MSDS).

### IMPROVE YOUR WORKSPACE AT HOME:

#### POSITION YOUR SCREEN CORRECTLY



**1.** To reduce eyestrain, position your screen arm's length from your face.

#### LIGHTING



**2.** Glare on the screen should be avoided to reduce eyestrain. To reduce glare, situate the screen away from the window light and close blinds/curtains when necessary.



#### KEYBOARD



**3.** Awkward wrist, arm and shoulder positions may lead to discomfort and/or injury. Adjust the height of the keyboard if possible so that your wrists are in line with your forearm.

#### GET UP AND MOVE



**4.** Break up long spells of screen work with rest breaks (at least 5 minutes every hour) or changes in activity.

#### (CHANGE POSITION



**5.** Avoid awkward, static postures by regularly changing position from sitting to standing.

#### GIVE YOUR EYES A BREAK



**6.** Every 20 minutes, for 20 seconds focus on an object 20 feet away. This allows your eye muscles to rest.

#### (CHAIR



**7.** Adjust your chair so your feet are flat on the floor or use a foot rest if required. Ensure your lower back is fully supported by the lumbar support in your chair. Ideally you should have an office otherwise use a cushion.

Adapted from the HSE Guideline Document on Working from home during COVID-19 -Workstation Setup.

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