

KEEP WELL: WORKING/STUDYING FROM HOME

REGULAR STRETCHING:

The following stretches can be performed at any time during the day. All of the stretches should be performed slowly and in a controlled manner. Not everyone has the same range of movement; so, if at any time, you feel any discomfort or pain beyond the intended stretch, do not push beyond it, stop and return to centre.



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

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