

## ⊕ Injury Prevention

# Are you working from home?

Here are some tips to help you achieve and maintain maximum comfort at your desk while avoiding physical stress, strain and injury. Check yourself as often as you can and even get a buddy to check for you.



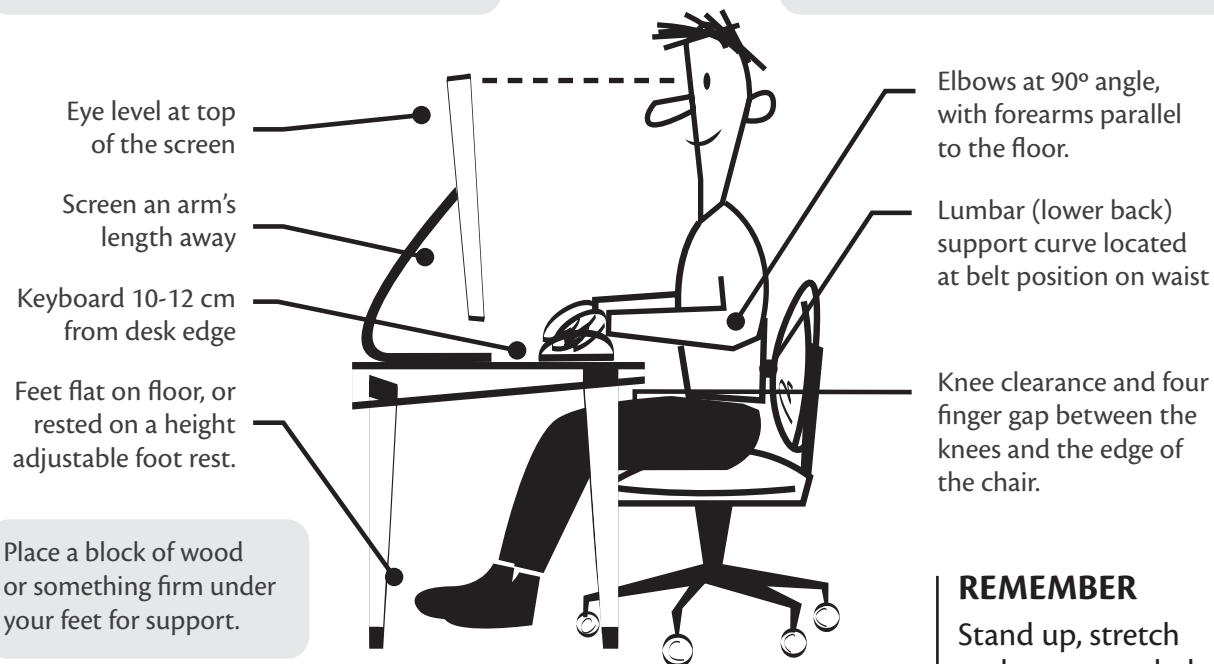
## ✓ Check yourself

### Using a laptop or no screen stand:

- ✓ Place a box or stack of books to raise laptop/monitor
- ✓ Use a separate keyboard and mouse

### Using a dining chair or similar:

- ✓ Roll up a towel, place inside a pillow case for use as a lumbar support
- ✓ Use a firm cushion to raise seat height



Place a block of wood or something firm under your feet for support.

### REMEMBER

Stand up, stretch and move regularly

*...before you wreck yourself*

