

# 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.

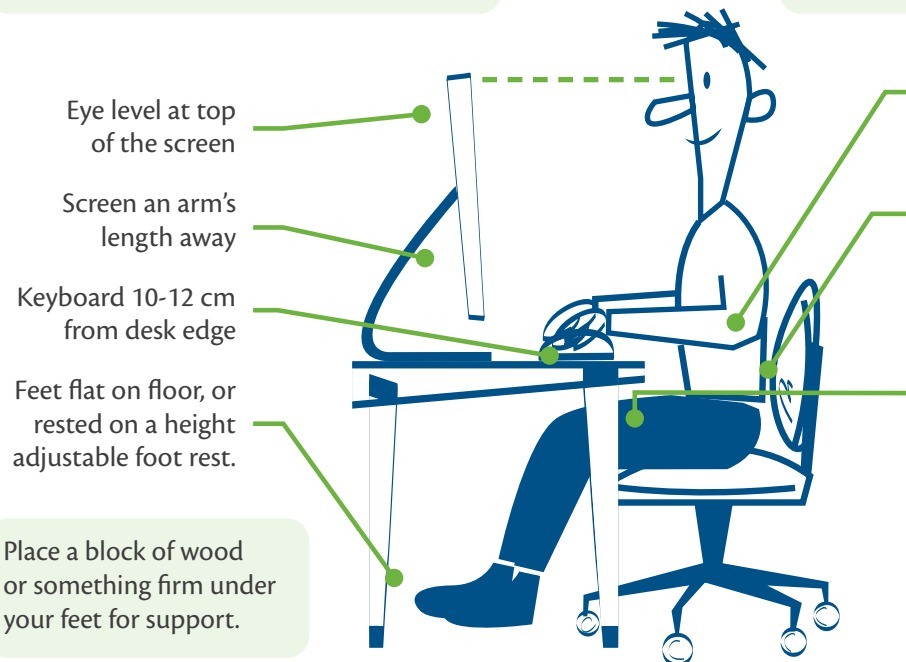
## ✓ Check yourself

### 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



Elbows at 90° angle, with forearms parallel to the floor.

Lumbar (lower back) support curve located at belt position on waist

Knee clearance and four finger gap between the knees and the edge of the chair.

### REMEMBER

Stand up, stretch and move regularly

## ...before you wreck yourself

