



Sunrise Ergonomics

HOME ERGONOMICS WORKING FROM HOME CHECKLIST



Posture

Don't slouch forward!
Sit against the backrest to unload your spine. Arms should be at your sides and elbows close 90°.

Chair

Use the most comfortable and supportive chair available. Consider the height of the chair and how it impacts your posture. Add a pillow to the backrest for additional lumbar support. Adding a pillow to the seat pan can increase comfort & sitting height.



Computer Setup

Position the top of your screen to eye level. Avoid forward head posture. *Adjust the screen lower if wearing bifocals to ensure neutral head posture.

Good Habits

Stand and move each hour. Look away from your monitor and focus on a distant object for 20 seconds. Close and open your eyes to maintain good eye lubrication.

Foot Support

Ensure your feet are flat on the ground or supported by a small box or item. Your knees should be slightly lower than your hips.

OTHER HELPFUL TIPS



Take a break every 30 minutes to stretch!



Practice deep breathing to reduce stress



Exercise 30 minutes a day

Stay tuned for upcoming Webinars!



HOME ERGONOMICS WORKSTATION DO'S AND DON'T'S



DON'T!

- Sit far away from the desk or table.
- Lean away from the backrest.
- Position your monitor or screen low.
- Place your laptop or keyboard away from you.
- Allow your legs to dangle or tuck under your chair.
- Directly face a window with your laptop.
- Sit in a hard, uncomfortable chair.
- View paperwork flat on the desk.
- Sit for extended periods of time.

DO!

- Sit close to the desk or table.
- Sit against the backrest - use a pillow for added lumbar support.
- Adjust your screen to eye level - raise your laptop on a box for neutral head/neck posture. *Use an external keyboard and mouse with the laptop raised.
- Position the screen lower if using bifocals or progressives.
- Place an item under your feet to unload your back.
- Sit perpendicular to windows when using a computer to reduce glare.
- Use pillows to add support for your thighs and increase sitting height at tall tables and low dining room chairs.
- Use a large, empty binder as a reading or writing wedge to reduce forward posture.
- Take breaks every 30 minutes to stretch.

