TIPS TO SET UP HOME OFFICE SPACE TO REDUCE LOWER BACK PAIN AND STRAIN

WORKING FROM HOME DURING COVID?

PLACEMENT OF ITEMS

ITEMS YOU FREQUENTLY USE GO IN YOUR "PRIMARY ZONE"

- This can be items such as mouse and keyboard. This is the zone where you don’t have to lean or twist your body, typically up to 30 cm from you.
- Place the screen directly in front of you to avoid an awkward posture of twisting your body to view the screen.

ADJUST YOUR POSTURE

- Ensure feet are in contact with ground.
- Thighs should be parallel with ground.
- Sit straight with hips at 90-110 degrees.

- If chair is too high, put a foot rest under your feet so thighs are parallel to ground.
- If chair is too low, sit on pillow or cushion.
- Use a backrest to support your low back (if backrest is not adjustable, roll up towel and place under your low back).
- Set your arm rests with elbows at 90 degrees.

MAKE CALLS HANDS-FREE

USE EARPHONES, HEADSET, OR SPEAKERPHONE

- In this way, you can reduce the risk of leaning trunk over to one side for extended periods of time, and thus prevent pain.

MOVEMENT BREAKS

TAKE MOVEMENT BREAK FOR 5 MINUTES EVERY HOUR

Walking around your home during a long business call. Place items (ie printer) away from desk to promote short-distance walk.

Try the following stretches to alleviate any discomfort while working from home!

References


