

Make your space work.

SIT SMARTER

We care about your well-being. Here are some tips you can incorporate to make your work from home experience a little more comfortable.

- 1 **LESSEN LEG DISCOMFORT**
 - A. Make sure you have at least two finger's width of space behind your kneecap to your seat with knees at a 90 degree angle to allow for a better sit.
 - B. Vary between sitting and standing while at your desk to increase blood supply and foster productivity
- 2 **REDUCE RISK OF LOWER BACK PAIN**

Reduce lower back discomfort by sitting all the way back into the lumbar of your chair and adjusting the manual lumbar portion of your chair (if available).
- 3 **DECREASE SHOULDER STRESS**

Sitting up straight, shoulders should be relaxed, not "hunched".
- 4 **LOWER WRIST AND HAND DISCOMFORT**

With elbows about 90-100 degrees, make sure hands are straight and supported by the table.
- 5 **MINIMIZE NECK STRAIN**

If using monitor arms, adjust your computer screen so the top is eye level and about an arm's length away to bring the neck back into alignment with the spine.
- 6 **DIMINISH FATIGUE**

Engage muscles by changing postures and reclining.



MOVE AROUND

- 1 **TAKE A BREAK**

Taking short breaks throughout the day is actually a proven way to increase productivity when you're fatigued at your desk


- 2 **SWITCH UP YOUR SCENERY**

A standing height table creates blood flow and posture change within the body and adds another space for you to actively meet within the home office.


- 3 **NATURAL LIGHT**

Don't put your home office in the basement. Set up near a window, so that you reap the benefits of natural light.

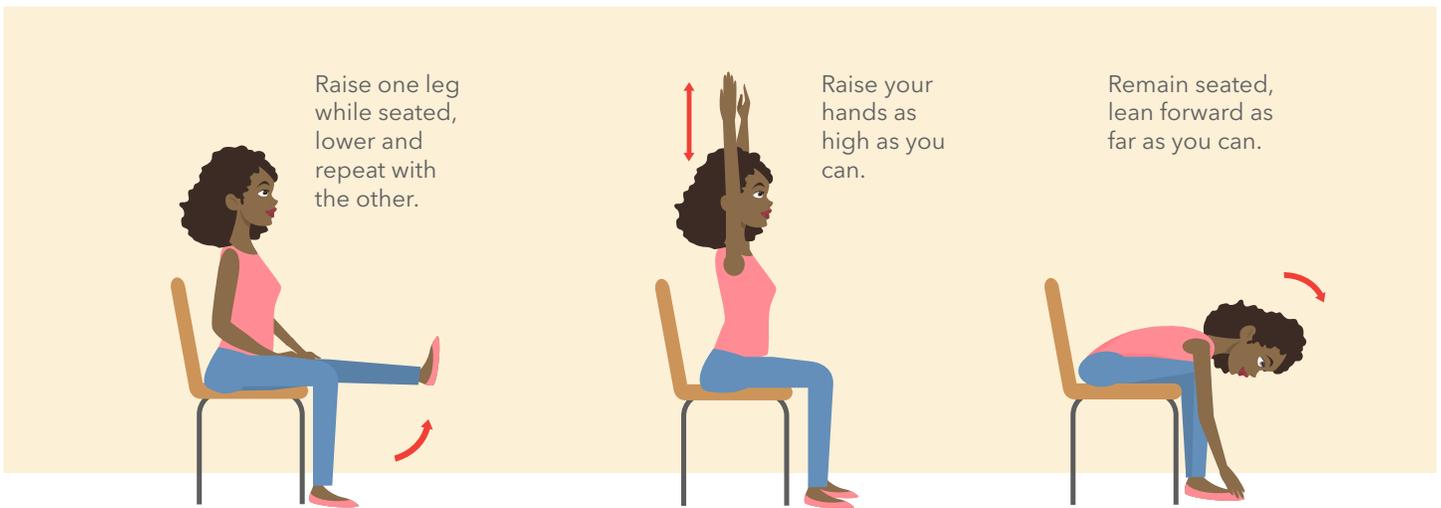
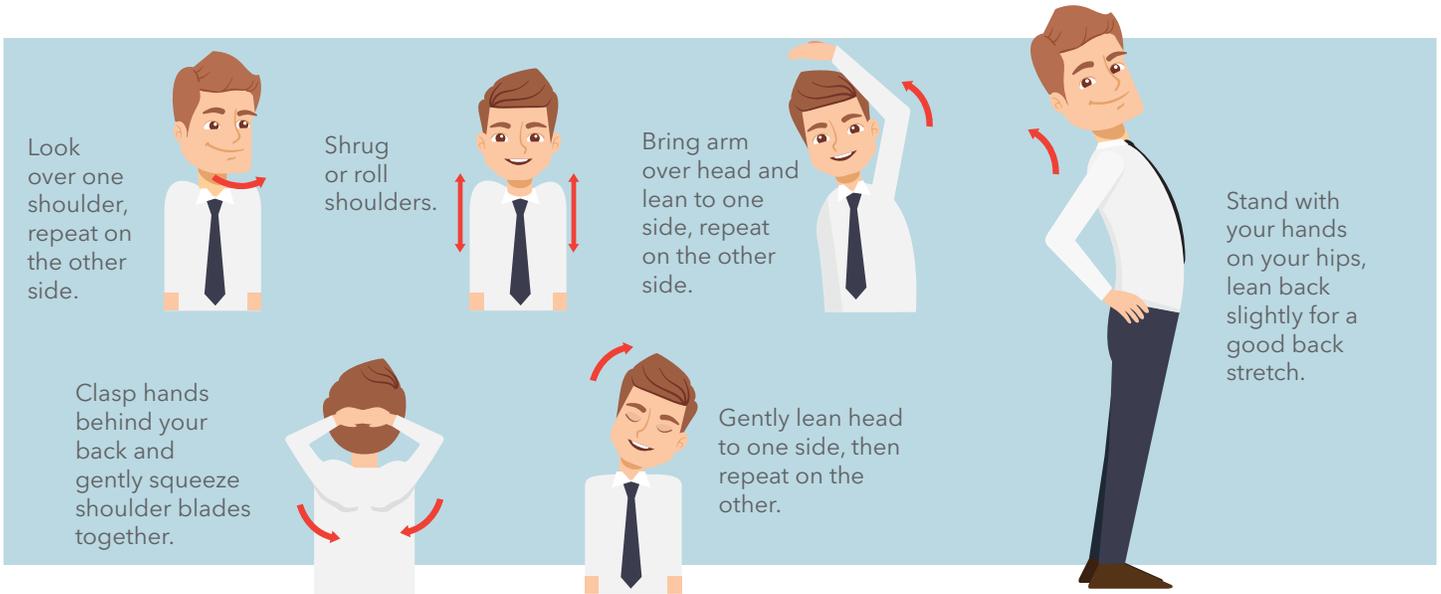
Choose a space where you can close the door if needed, for some privacy and focus.



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TIPS FOR COMFORT

Take a break and get your circulation moving with these quick stretches to help break up the day.



Don't forget your wrists!

ARE YOUR WRISTS BEING SUPPORTED?

Correct Position



Incorrect Position

