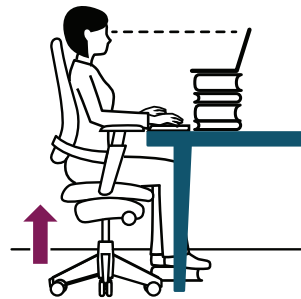
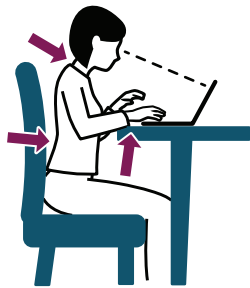


# Working From Home

Working from home can be a challenge if you are sitting in a dining chair at a dining table or high desk, especially if you are using a laptop. If you can use a separate keyboard and mouse, you will be able to rearrange things to be more comfortable. You should also make sure your chair is set up well and take plenty of breaks.



## UNCOMFORTABLE TABLE AND SCREEN HEIGHTS



### Best Design

Laptop raised, separate keyboard and mouse at elbow level, body raised to table level with feet supported on books.

### Poor Design

Laptop on table, table too high, screen too low causing awkward back, neck, shoulder and wrist postures.

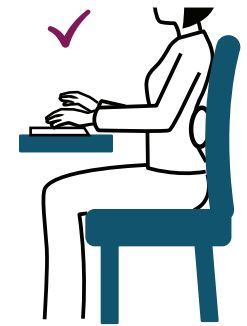
### Better Design

Laptop raised to eye level, separate keyboard and mouse. Table still too high for wrists.

## Proper Desktop Workstation Set-up



## UNCOMFORTABLE CHAIR



### Poor Design

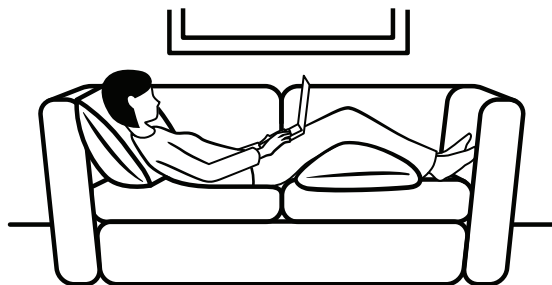
Chair leaned back or low backrest; body leaned forward. Table too high.

### Good Design

Put a higher cushion on the backrest and a small towel into your lower back.

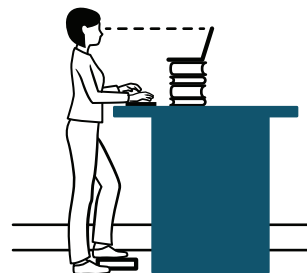
## TAKE A BREAK

**Good Design** Lie down with laptop in your lap, arms beside body, head well supported.



## TAKE A BREAK

**Good** Stretch every hour.



### Good Design

To get some relief from sitting all day, it's a good idea to bring your computer, keyboard and mouse to a standing counter for a while.

