TIPS TO OPTIMALLY:Setup your workstation!

EQUIPMENT TO CONSIDER:
- External keyboard
- External mouse
- Mouse pad
- Office chair
- Foot rest
- Back support
- Cushion
- Laptop stand/ lap desk/ lap tray
- Task light

Shoulders relaxed and chin-tucked in, not jutting forward
Avoid resting forearms on hard surfaces or sharp edges
Raise monitor to get it closer to eye level using old books, boxes, or 3 ring binder. Adjust angle of monitor to improve neck alignment
Get chair close to keyboard with elbows close to your sides
Position forearms, wrists and hands in a straight line
Use pillows or folded towel to raise you up

If you don't have a back support cushion, you can use a pillow or a rolled up towel

Raise monitor to get it closer to eye level using old books, boxes, or 3 ring binder. Adjust angle of monitor to improve neck alignment

Get up often and move around. Switch up your work positions if desired
Ensure good back support with pillows
Maintain good alignment of head, neck/spine, and arms/wrists

Position forearms, wrists and hands in a straight line

If possible, use an external keyboard and/or mouse. Position mouse beside keyboard

Use small stool, old book or a box for foot support

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