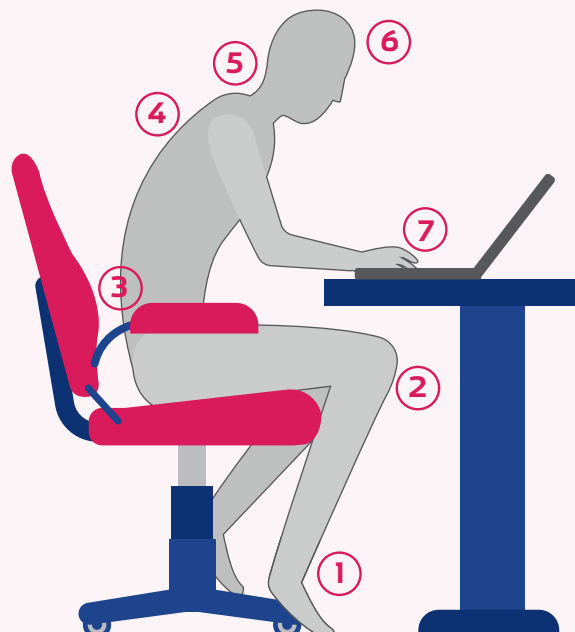
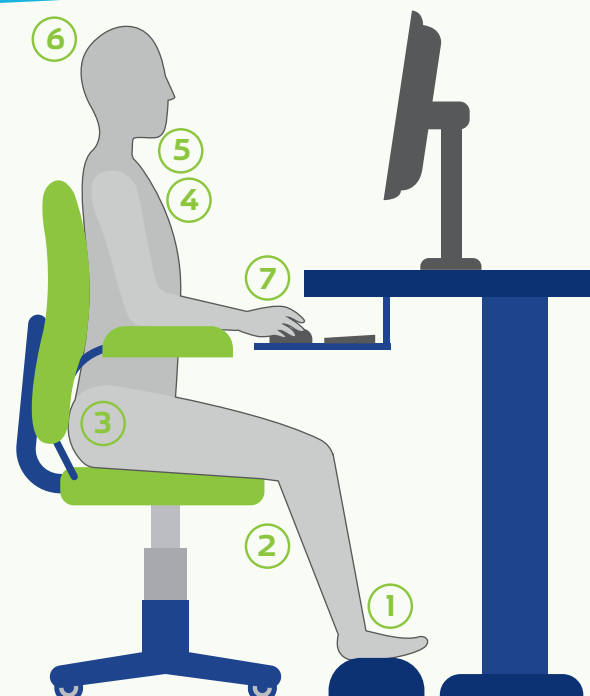


Working from Home Survival Guide



- ① Calf Cramps & Achilles Pain. Legs hanging, toes pointing down.
- ② Sciatica & Leg Pain. Edge of chair pressing into back of legs. Thighs sloping upwards.
- ③ Lower Back Pain. Back is unsupported, tight hips or weak core increasing compression of the lower spine.
- ④ Hunched Shoulders. Head lent forward over laptop. Tension manifesting in hunched shoulders.
- ⑤ Crooked Neck. Forward head posture putting extra tension on back of neck.
- ⑥ Headaches & Eye Pain. Tension in neck can lead to headaches and eye strain.
- ⑦ Carpal Tunnel & RSIs. Wrists bent back or down over keyboard can lead to Repetitive Strain Injuries.

You can have the most expensive chair in the world and still slouch in it! There is NO 'perfect' working position for anyone. Ultimately it must feel comfortable to you, overleaf gives some more tips.



- ① Feet supported if not resting on floor, with a gentle stretch on the back of the calves.
- ② Back of knees raised slightly off end of chair, with thighs sloping slightly downwards.
- ③ Body weight centred at front of sitting bones. Spine is in a 'neutral' position, well supported if necessary.
- ④ Keyboard is positioned low enough so that arms are able to 'hang' from shoulders when typing.
- ⑤ Head positioned back so that ears are aligned over shoulders, chin very slightly tucked in.
- ⑥ Take regular breaks and investigate further if head/eye strain doesn't subside with change in ergonomics.
- ⑦ Ensure keyboard and mouse are positioned so that wrists can stay generally parallel with forearms.

Your monitor should be raised so your eyes are roughly level with the middle of the screen. Stay well hydrated throughout day.

View the webinar NOW for simple daily stretch routines to help relieve these problems.