

BEUPSTANDING AT HOME

Tips for your home office computer workstation

A no-frills guide to healthy workstations at home.

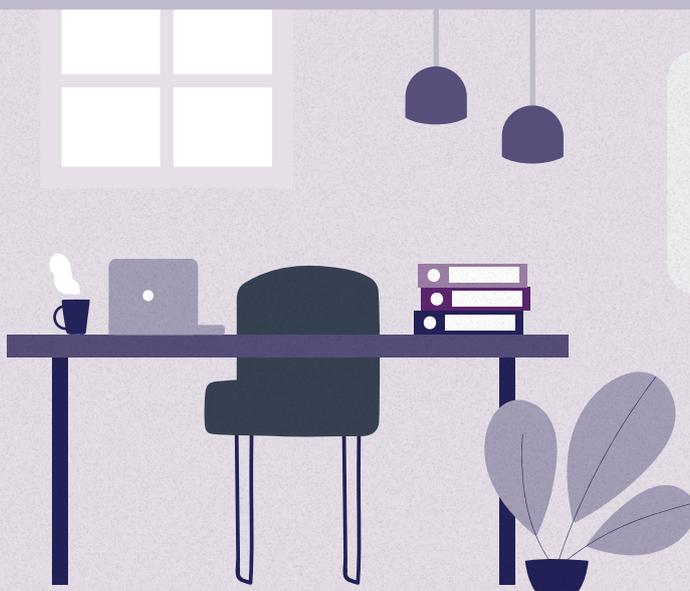
Position yourself so you don't have glare or bright lights behind the computer screen or reflecting on the screen (have windows etc to the side if you can).

Use changes in your work task to help you change posture. For example, make a habit of standing to take phone calls

Even a 'good' posture can be a problem if held for a prolonged time—so change your posture regularly, at least each hour with either an active break (like walking for a few minutes) or shifting to a new posture (like standing to work after sitting).

**REMEMBER:**

Variety and movement are the key things.



BEUPSTANDING AT HOME**Sitting workstation basics**

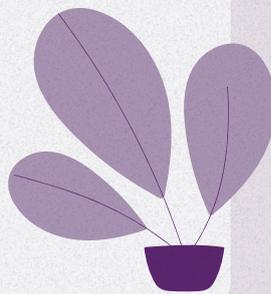
- Start by adjusting your seat height so your elbows are about at the desk level (you may need a cushion on the chair).
- Make sure your feet are supported, on the floor or on a footstool/box if needed.
- Place your keyboard straight in front of you and a little in from the edge of the desk, with your mouse close to the side of the keyboard.
- Sitting with your trunk upright is good for computer work, perching on the front of your chair and leaning your forearms on the desk is good for paperwork, leaning back against the backrest is good for thinking and talking: using

different sitting postures add variety and movement.

- If you have a separate computer screen have the top of the screen about at your eye level and arm's length away.

**Standing workstation basics**

- Use a work surface that is close to a little below your elbow height.
- Keyboard, mouse and screen position tips are the same as for sitting workstation.



With special thanks and acknowledgment to Prof Leon Straker, Curtin University who wrote this guide.