



Working From Home?

Recommendations For Workstation Set Up At Home

Use books or a box to raise the top of the laptop screen as close to eye level and connect a separate keyboard and mouse to the laptop.

Try placing a cushion or rolled up towel behind your back to give you lumbar support.

If your chair is not adjustable you may need to sit on a cushion to raise your sitting height so your elbow sits just above table height.

Place a box or an empty drawer on the ground to support your feet if you are unable to rest them on the floor.



Keep Moving Regularly

- ✓ Look across the room or outside the window to give your eyes a break.
- ✓ Incorporate micropauses for 5-10 seconds every 3-5 minutes. This may be relaxing your hands down or stretching exercises.
- ✓ Move at least once an hour or do some of the following things:

Go for a walk around the house or garden

Grab a drink of water

Join in on the free TVNZ on demand BodyBalance class

Change working positions between sitting and standing. Perhaps stand at a breakfast bar or chest of draws for part of your day.

Go for a walk during your lunch break

Take breaks as you usually would at your office

Kick a ball around with your kids