

*working from home*

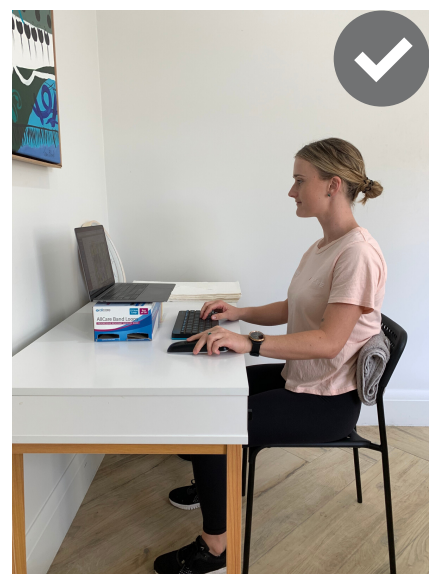
# DESK ERGONOMICS

Poor positioning, when prolonged, can cause back pain and general body tension. The best thing you can do for your body is keep it moving as much as possible throughout the day.

In addition, try these easily implementable changes to eliminate tension and prevent back and neck pain.

Some TIPS for **sitting desk set-up:**

1. Keep your feet flat on the ground, with weight evenly distributed between them
2. Place a rolled up towel behind your lower back
3. Elevate your screen close to eye level
4. Use an external keyboard and mouse



Alternating between sitting and standing desks is great! BUT you need to be aware of your **positioning in standing** too.

Some TIPS:

1. Elevate your screen to eye level
2. Use an external keyboard and mouse
3. Evenly distribute weight between both feet

