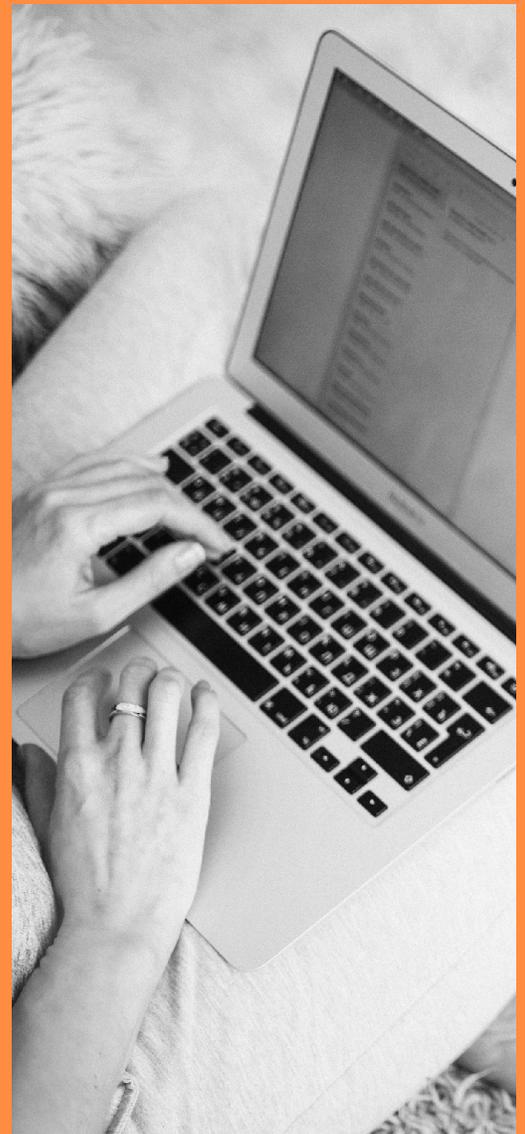




ERGONOMICS AT HOME

*A reminder to bring
awareness to your posture.
March 2020*



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Program Coordinator*





WHAT IS ERGONOMICS?

You may have heard of this word before, but if you are going to be reading about it, you should probably know how to define it first. Ergonomics is the science behind your posture while completing routine, time consuming and repetitive activities. Put simply, Oxford defines it as "Relating to or designed for efficiency and comfort in the working environment."

HOME ERGONOMICS

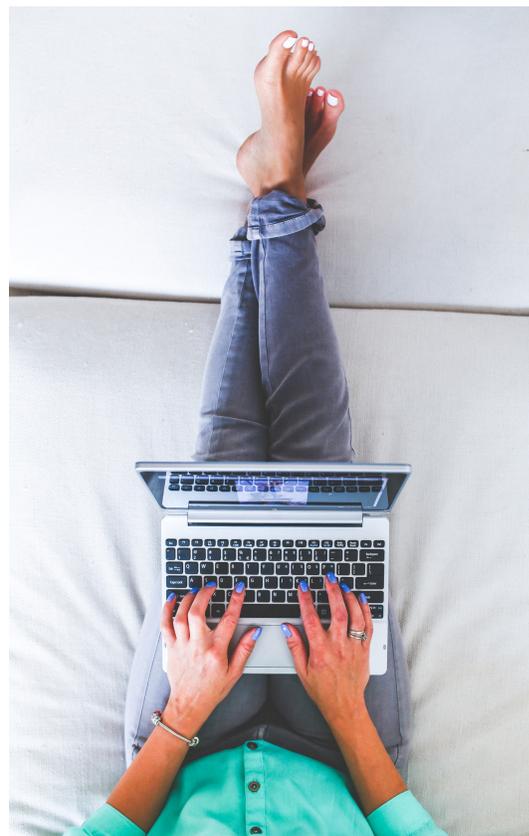
It is quite likely that an employee from health and safety has periodically poked into your office to make some minor ergonomic adjustments that are only noticeable to your body over a long period of time. Unfortunately, you probably haven't had this experience since you began working from home.

Though your time working from home is hopefully short-lived, we wanted to remind you of some important tips to take care of your body during this time.

Remember, practising sedentary behaviour (sitting for long periods of time) is never a good thing for your body, but if you must do it, we at least want you to do it right!

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AREAS OF YOUR HOME TO FOCUS ON

Here are the areas in your home that could potentially use some adjustments as you use them more frequently during this time:

01

WORK SPACE

The area you have set up your work station in.

02

LIVING ROOM

The area you may retreat to if your work space is uncomfortable.

03

BEDROOM

The area that you sleep in at night.





1. WORK SPACE



When you sit at your work station, you probably see this.

When you sit at your work station, you probably don't see this.



Here are some things to be mindful of when you are considering your posture at your work space:

- A) Have a surface in front of you that your device and paperwork can sit on (ex. desk approximately the height of your belly button).
- B) Make sure the surface you are working off of allows your wrists to rest flat as you are working. Wrist rests can be comforting.
- C) Sit on a chair or ball that allows your feet to rest flat on the ground and your knees to rest at 90°.
- D) If you aren't working from a laptop, set your monitor up so you are reading from it at eye level.
- E) Keep your shoulder blades tucked down and in towards your spine without your rib cage flaring out in front of you (core endurance).

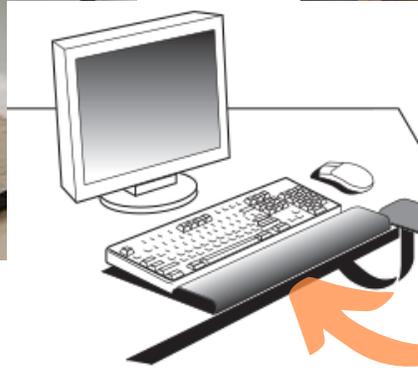
See the next page for examples!



A)



B)

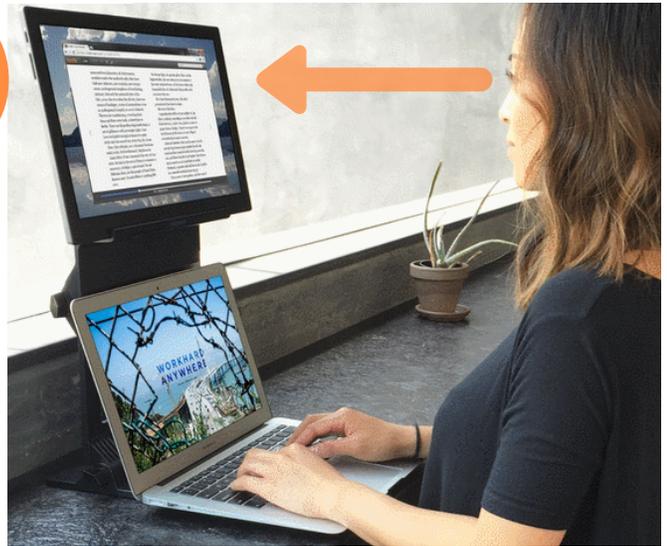


Wrist Rest

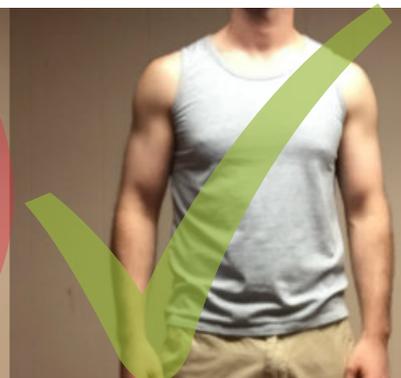
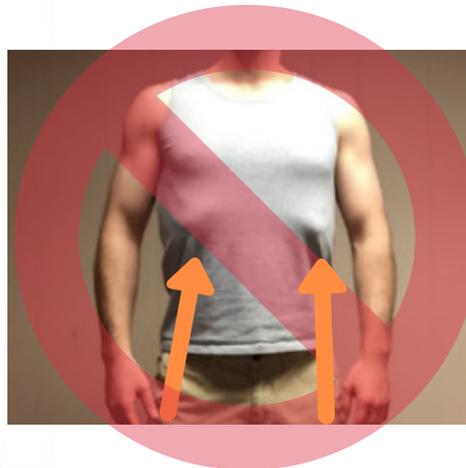
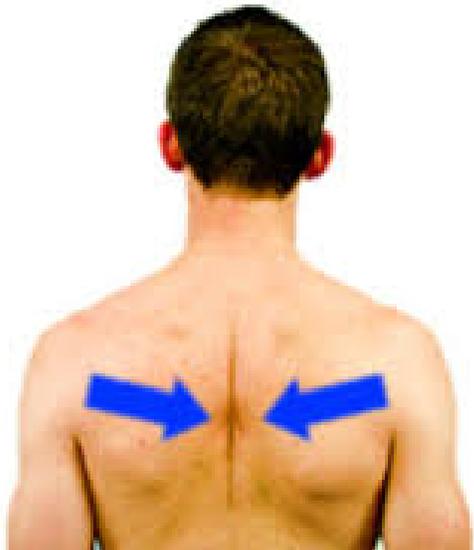
C)



D)



E)



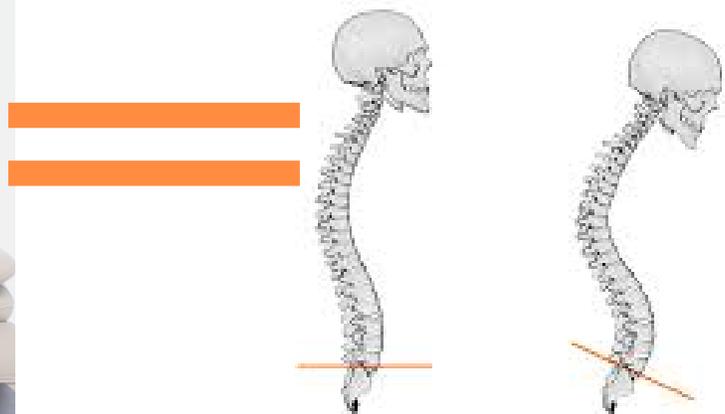


2. LIVING ROOM

I think it is fairly obvious that living rooms aren't designed for completing your work. The couch is short and allows for too much slouching. Even worse than that, you have to do a curl-up just to reach your coffee cup on that miniature table in front of you. With that being said, this may be your only option for an area to work from.

All of the same recommendations apply from the "work space" area to the living room, but here are a few extras to keep in mind:

- As comfy as they are, couches can place a lot of pressure and stress on your lower back and hips, try placing a supportive pillow behind you to maintain upright.
- If you have to place your laptop on your lap, make sure to adjust the screen upwards, and look up every so often to give your neck a break.





3. BEDROOM



While you probably won't be getting any work done here, the bedroom is a critical area for your productivity and energy levels throughout the day. It is recommended by the Sleep Foundation that young adults and adults get between 7-9 hours of sleep. If you aren't reaching this recommendation, it could be a cyclical affect. Your posture during the day makes it uncomfortable to get to sleep, and your posture when your sleeping can affect the way your body feels the next day.

Below are some basic tips to work towards getting a good night sleep:

- Invest in good quality mattresses and pillows (ex. posture pedic)
- Ensure you have a neutral spine during your sleep. For example, if you sleep on your side, support the space between your mattress and head with a pillow that allows for your neck to be in line with the rest of your spine.
- Another way to ensure a neutral spine is by keeping your pelvis aligned. For example, if you sleep on your side, place a pillow between your knees. If you sleep on your back, place a pillow under your knees.



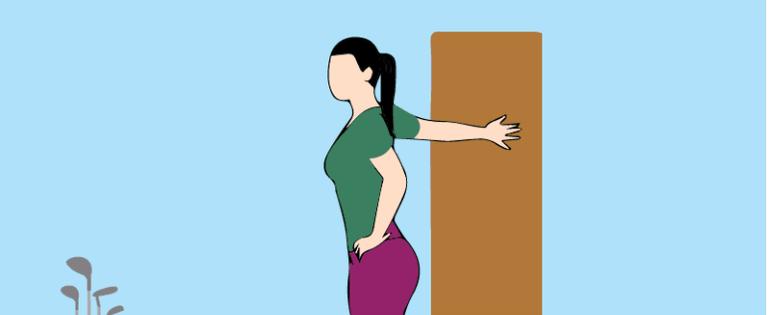
EXERCISES & STRETCHES TO HELP YOUR POSTURE

Click photo for video demonstration.

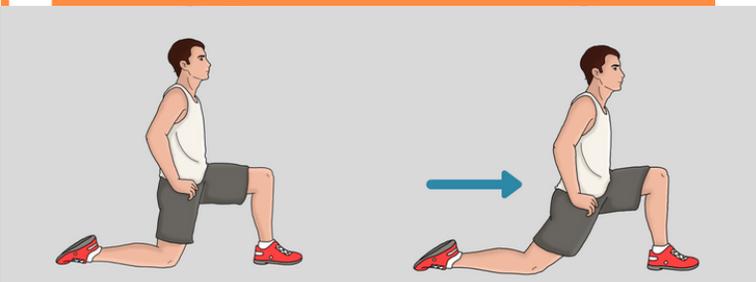
Cat Cow



Chest Opener



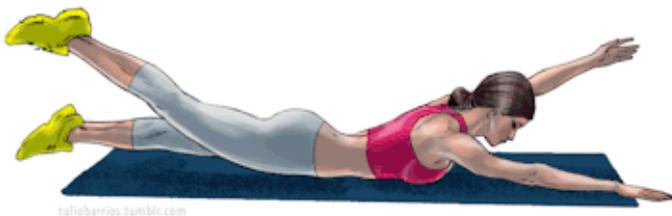
Hip Flexor



Neck Strength



Swimmers



Bird-Dog

