Working from home?

Try these tips to improve your workstation set-up and reduce the risk of injuries caused by awkward positions and repetitive tasks.

VERITY GROUP

Workstation Ergonomics

Eyes level with top third of screen

Back straight

Monitor is arms length away when arm outstretched

Position monitor to minimise glare

Minimal bend in wrists

Elbows close to body

Backrest supporting lower back

Seat long enough to support length of thighs

Desk height below elbows

Adjustable chair

Feet on the floor or resting on footrest