1. YOUR POSTURE

Posture is the most important aspect of ergonomics. You can have a fancy chair and desk, but if you aren’t arranging your weight evenly, it won’t do you a bit of good.

- Headset or earbuds for long phone calls
- Head is upright and looking forward
- Elbows and knees at 90 degrees!
- Feet, legs and back are supported
- Feet flat on the floor

Shoulders relaxed, elbows at your side and wrists straight

Pillow for low back support

Books, towels, blankets and boxes can all be used to modify your setup and provide cushioning
**BAD SETUPS**

Setup is too small and too short, neck is craned, back is slouched, wrists are bent.

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**The OVER-ACHIEVER**

More screens doesn't mean more productivity. Especially if your neck is craned. If you use two screens, make sure they are eye-level and side-by-side.

**The LOAFER**

Come on, if you're using something shapeless or just odd to sit on, what is that doing for your poor spine? Time to move out of the kids' room and into a proper work space.

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**PRO TIP**

Feet don't reach the floor? Find a footrest! Get creative.
2. GET MOVING

Chase your kiddo around the house!

Stretch for 10 minutes every hour

Go for a walk!

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