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My home workstation challenges



Katharine Metters
Lead Consultant in
Ergonomics



Jodie Weller
Senior DSE Assessor





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Elizabeth Foyster

Key points from received information...

- No pain reported
- Works at home 3 long days a week
- Laptop and adjustable height chair
- Breaks each hour





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Elizabeth Foyster

Main concerns...

- Reaching forwards to type – shoulder girdle / neck fatigue
- Desk height and thickness restricting sitting height
- Low screen
- Lack of support



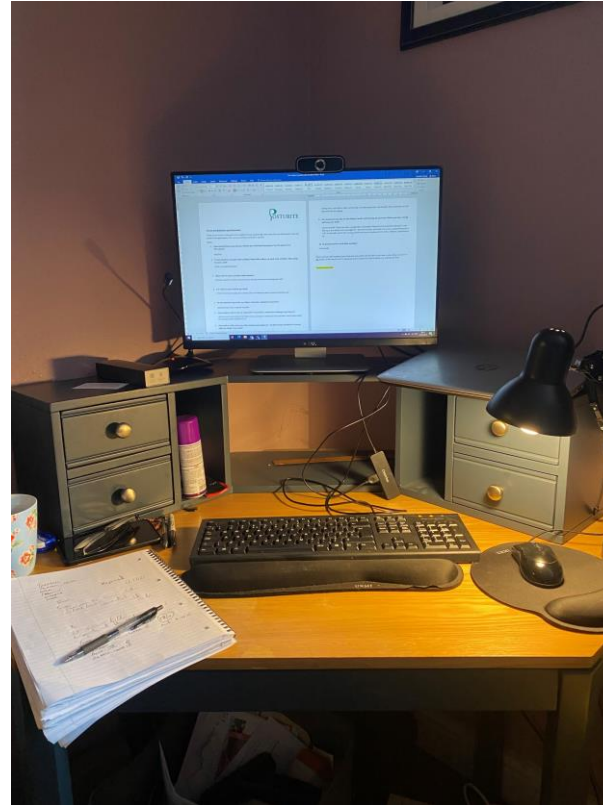


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Jonathan Ward

Key points from received information...

- Neck and occasional forearm pain and eye strain
- Neck pain may be running related but forearms worse when working
- 4-5 days a week, lack of breaks
- Screen high, keyboard at a distance, supports in place, non-adjustable chair





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Jonathan Ward

Main concerns...

- Reaching forward to keyboard – shoulder girdle / neck fatigue
- Extended neck – chin forward and raised
- Low sitting height
- Contrast between environment and screen brightness? Eye strain?



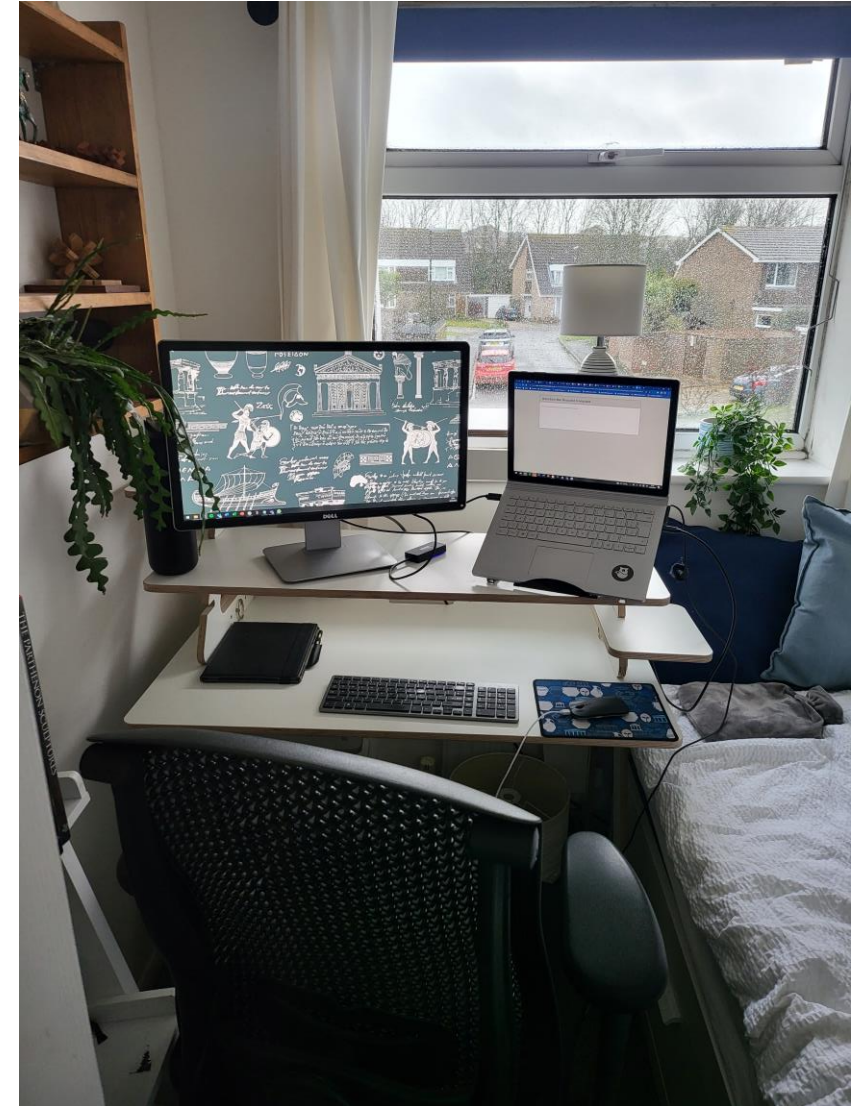


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James Dempster

Key points from received information...

- Works at home 3 days per week, 8-9 hours at a time
- Sitting 4+ hours, back to back meetings
- Discomfort from hunching over keyboard
- Purpose-built workstation set up in spare room
- Is the workstation set up optimally?



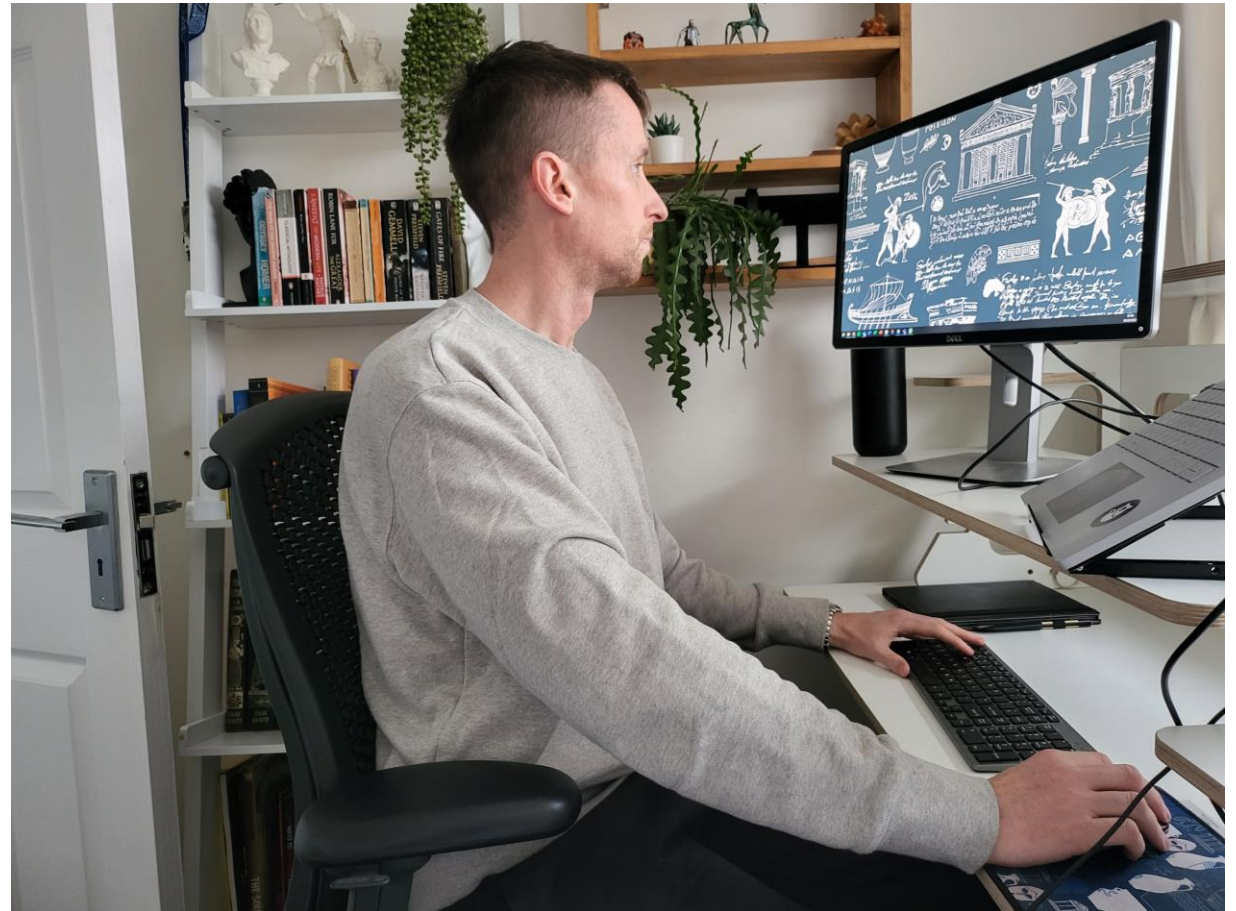


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James Dempster

Key things to consider...

- Equipment is suitable
- Chair adjustments
- Elbows at approx. 90 degrees to prevent leaning down, hunching over keyboard
- Movement advice – Hedge's 3S's ideal working pattern



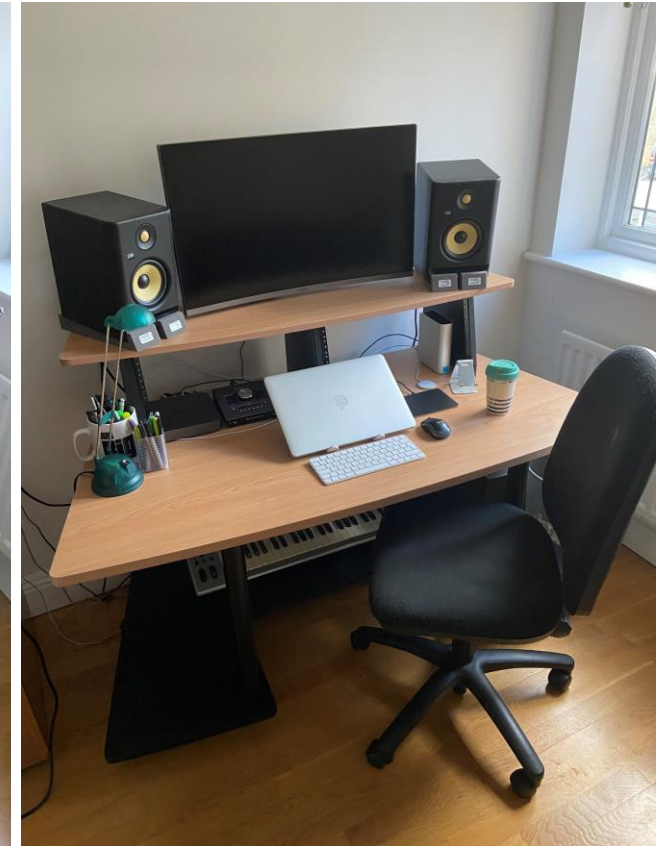
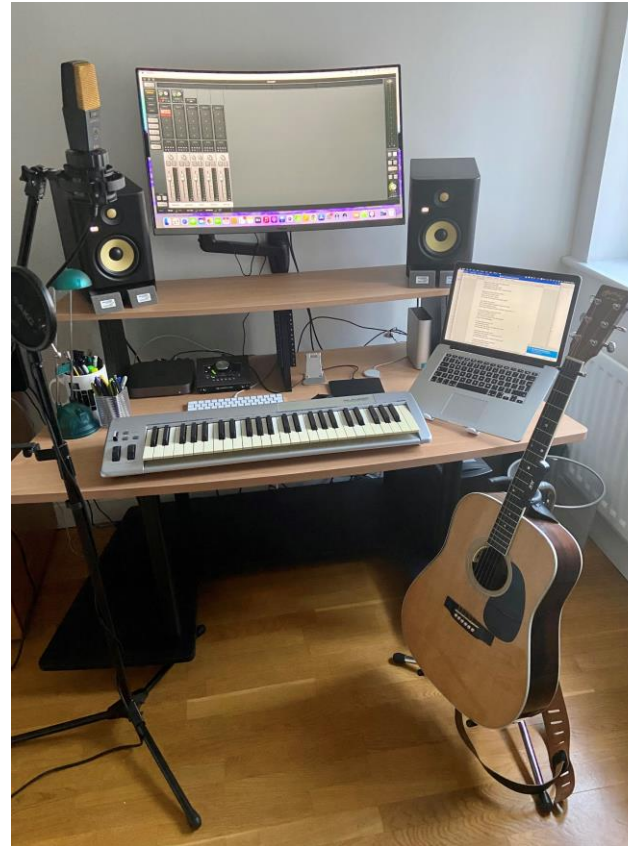


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Rob Spencer

Key points from received information...

- Back, neck and shoulder ache, improved by movement and support
- Works at home 5 days a week
- Screen high, small keyboard, separate mouse, adjustable chair, laptop riser, possible restricted leg space
- Restricted space with screen to right when music keyboard is in place





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Rob Spencer

Pretty good overall but...

- Using lower laptop screen with head angled down, creating some neck tension
- Using high screen: extended neck and chin raised, creating neck tension
- Sitting slightly away from desk with slightly restricted leg room and increased arm reaching



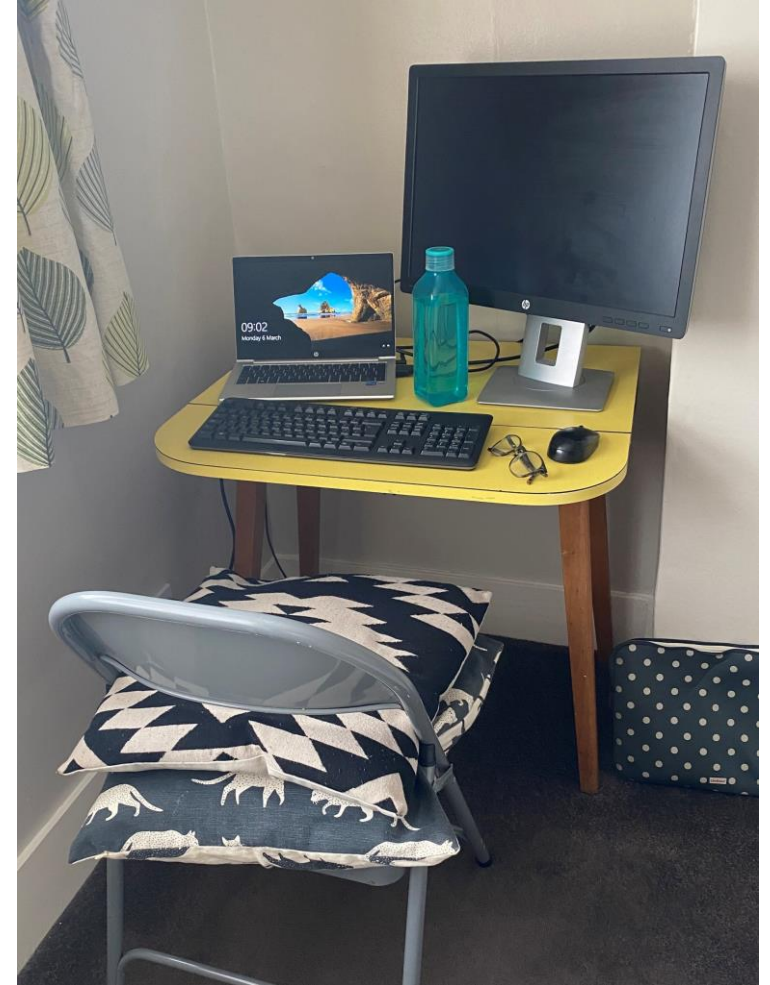


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Kate Waddleton

Key points from received information...

- Works from home 4 days per week, 8 hours at a time
- Sitting 2+ hours, back to back meetings
- Neck, shoulder and upper back aches
- Eye fatigue, headaches, migraines
- Existing furniture was put together during pandemic
- What would a good setup look like for me?
- What tips can be provided for exercise, stretches and posture improvement at my workstation?





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Kate Waddleton

Key things to consider...

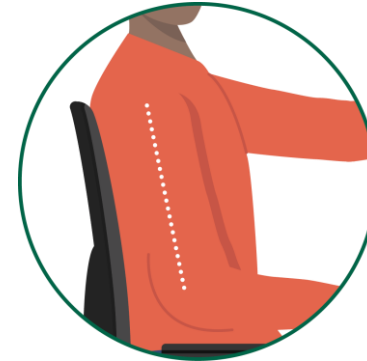
- **Chair**
 - Slouched posture, flattened lumbar curve, rounded shoulders, forward head position
 - Not supporting natural 'S' curves of the spine
 - Lack of support to thighs
- **Laptop screen size and position**
 - Twisting to view screen at an angle
 - Looking downwards to laptop screen
 - Leaning forward to view screen
- **Desk space**
 - Limited space for mouse use





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Our helpful home workstation hints



Arms relaxed by your side



Balanced head, not leaning forward



Screen approximately arm's length from you



Top of screen about eye level

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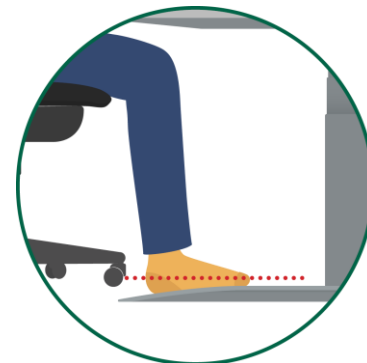
Our helpful home workstation hints



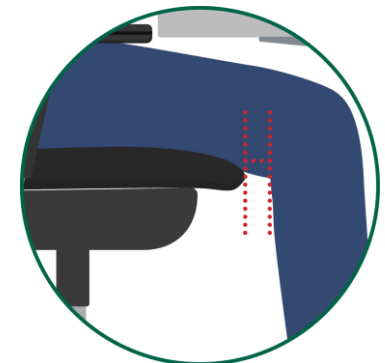
Sit back in chair ensuring good back support



Forearms parallel to desk



Feet flat on floor or on a footrest



Space behind knee

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How can I create an ideal setup at home?

Declutter, create
foot space



Add support
cushions, add
external keyboard
and mouse,
elevate screen



How can I create an ideal setup at home?

Add adjustable chair, add adjustable screen stand



Add sit-stand chair, add height adjustable work surface



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The art of sitting





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Exercises at home

Our Workstation Exercises advice sheet features stretches that can be done at your workstation, which can reduce aches and pains in your:

- Wrists, hands and forearms
- Neck and shoulders
- Back
- Legs and ankles

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Workstation Exercises

Recommendations to reduce aches and pains



Why Stretch?

No matter how well the workstation is designed, problems may arise where work organisation is poor or disrupted. Working at a computer often involves few changes in body position. This lack of movement can lead to muscular aches and pains.

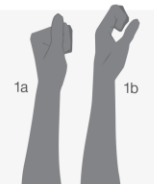
Recommendations to reduce aches and pains:

- Regularly vary work tasks, looking at organisation of the working day.
- Break up 'on-screen' activities with micro-breaks – tasks which involve movement, stretching and changes to body position.
- Try standing during some tasks and moving away from the workstation, for short periods, where possible.

Stretches for Wrist, Hand and Forearm

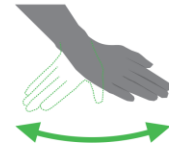
1.

Make a fist; ensuring thumb is straight, not tucked under fingers (1a). Slide fingertips up palm, tips of fingers moving towards base of fingers, until stretch is felt (1b). Hold for slow count of 10. Repeat 3 – 5 times.



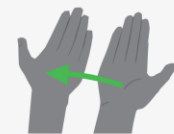
2.

With hand open and facing down, move wrist from side to side, until stretch is felt at each extreme. Hold each for slow count of 10. Repeat 3 – 5 times.



3.

With elbow held close in to side of body, slowly rotate palm upwards and then downwards until stretch is felt at each extreme. Hold each for slow count of 10. Repeat 3 – 5 times.



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The Mill, Berwick,
East Sussex, BN26 6SZ
t. 0345 345 0010
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