

# GUIDE TO YOUR ISOLATION WORKSTATION

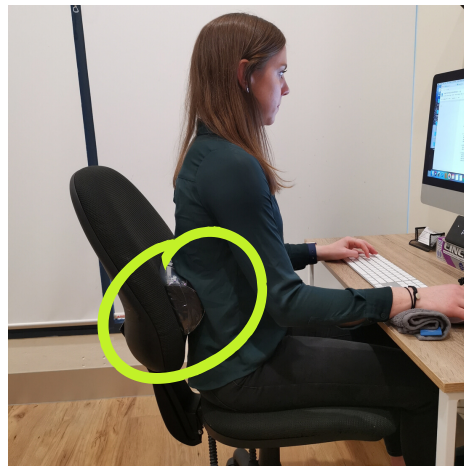
## HOME OFFICE SETUP

With more of us now having to work from home, it's important to have a well set up work station to avoid common conditions we tend to do develop when sitting for too long, such as: tension headaches, low back pain, carpal tunnel, etc. The steps below are to help minimise the strain placed on certain structures in our body due to poor posture and biomechanics, minimising the risk of injury.



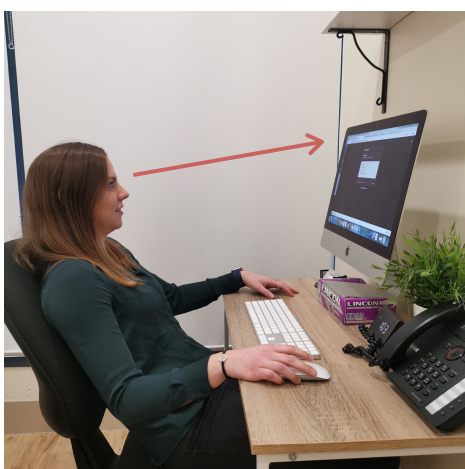
### BACK SUPPORT

Adopt an upright posture to maintain the natural S-shaped curve of the spine.



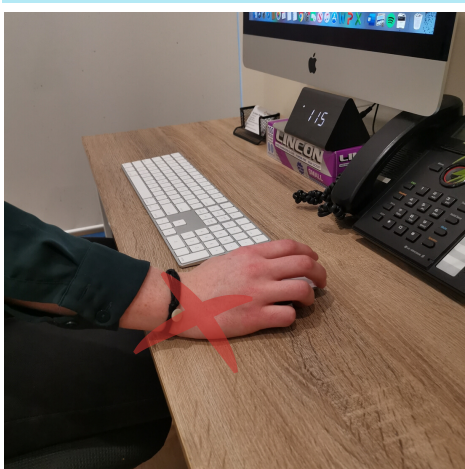
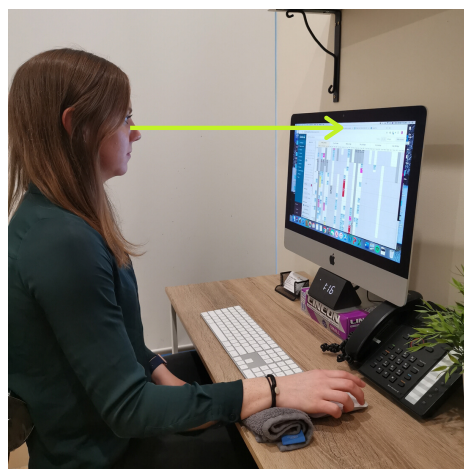
### FLAT FEET

Keep your feet rested and flat to the floor



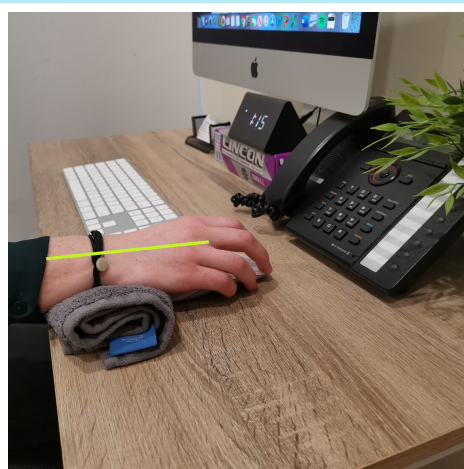
### SCREEN HEIGHT

Top of screen to eyeline



### MOUSE

Comfortable shape/size to hold. Keep mouse close to you. Keep wrist neutral



### CHAIR SETUP

Appropriate height to ensure feet are on floor, elbows at 90 degrees, and monitor at eye level.



DOES THIS HELP? WE'D LOVE TO HEAR FEEDBACK FOR FUTURE INFO POSTS

# ISOLATION WORKSTATION

Step By Step Guide To Setting Up Your Ergonomic Home Office

## CHAIR CARE

Adjust your chair height so that you can use the keyboard with your thighs and forearms parallel to the floor, as well as allow you to have your feet set flat on the floor or footrest. Ideally you want the angle of your hips greater than 90 degrees, so that the front of your hips don't get jammed up (impinged). You may need a chair wedge to help with this.

## BACK SUPPORT

Lumbar Support is the most important aspect of a chair. You need to try and maintain the natural S-shaped curves (side view) of your spine to minimise strain on the spinal facet joints and tension on the muscles that keep you upright. If your chair doesn't have inbuilt adjustable lumbar support, roll up a small towel and place it in the curve of your low back.

## FEET TO THE FLOOR

Keep your feet flat on the floor or use a footrest. This allows feet and legs to rest completely and not strain muscles throughout the lower limb. Do not cross legs as this can cut off circulation causing numbness, as well as cause tension through muscles around the hip, like gluteals and hip flexors. Use stack of books or a box to rest your feet at a level thats comfortable.

## EYE LEVEL SCREEN

Place your primary monitor in front of you about an arms length away. The top of the screen should be at or slightly below eye level. Solution - place an old phone book, text book or books under your monitor to lift it higher to eye level. This avoids strain to the neck which is a common cause of headaches.

## MOUSE

The mouse should fit comfortably in your hand to minimise any undue pressure on the fingers wrists and elbow. Position the mouse close to you so you don't have to reach forward; minimising strain to your upper trapezius and rotator cuff muscles. Keep your wrist neutral and not extended up to move the mouse. Solution - Use a padded mouse pad, or small folded hand towel under the wrist to minimise repetitive strain through the wrist causing RSI

## KEYBOARD

Place your keyboard in front of you while typing. Similarly to when using a mouse, try and keep your wrist neutral so that is is straight and not bent upwards. There are keyboard pads to help with this, or fold a hand towel to wrist your wrists on when typing.

## MAKE OBJECTS EASILY ACCESSIBLE

If there are certain objects and pieces of equipment you constantly use like pens, stapler, phone, stylus, or printer, position them within easy reach. Avoid repeatedly stretching or twisting to reach things.

## AVOID PHONE STRAIN

If you are using a phone frequently, try exchanging your handset for a headset, or even headphones. Repeatedly cradling the phone between your ear and shoulder can strain the upper trap, scalenes and SCM muscles in the neck which can cause headaches.

## EXTRA EQUIPMENT

If you are having to use a laptop instead of a desktop, it will be a worthy investment to purchase a separate keyboard and mouse. This will allow you to set yourself up in an ergonomic way instead of being limited to where you can position your head, shoulders, elbows and wrists.