

Many people thrive while working remotely. Only most of them didn't have to set up a home office overnight and start working remotely at the same time as their spouse and kids. But you did! And while you might not have the time and resources to deck your home workstation out, these quick home office hacks can help you through it.

First, always listen to your body. Discomfort and pain are your body's way of telling you something is wrong. If it's day three of working on your laptop at the dining room table and your neck is burning, wrists are aching, it's time to change your setup! Those neck rubs you enjoy are just a band aid solution!

The truth is, none of us know how long this is going to last. So, the time to act on these home office hacks is now!



With these tips, you can minimize your discomfort while improving your focus and productivity, all for free!



PROBLEM

- x Computer screen is too low – discomfort in neck, shoulders, upper back.

- x Work surface too high – discomfort in shoulders, wrists, arms, upper back.

- x Chair has no back support – discomfort in back, shoulders.

- x Feet not touching the ground – pressure on buttocks, hamstrings.



SOLUTION

- ✓ Put the laptop or monitor on a box; raise the screen until the top of it is at eye level.
- ✓ Use an external keyboard and mouse if possible.

- ✓ Use a taller chair.
- ✓ Put a cushion on the seat pan to lift you up.
- ✓ Find a lower work surface.

- ✓ Add a pillow to the back of the chair.
- ✓ Roll a towel and place in it the small of your back.
- ✓ Select a different chair.
- ✓ Take breaks every 30 minutes

- ✓ Put books, Tupperware containers, or other solid items under the feet.
- ✓ Make sure the surface is not slippery.



PROBLEM

- x Elbows aren't in line with worksurface – pressure on your wrists.
- x Static postures – discomfort in back, seat, legs, arms, other body parts.
- x Distractions – difficulty staying focused.

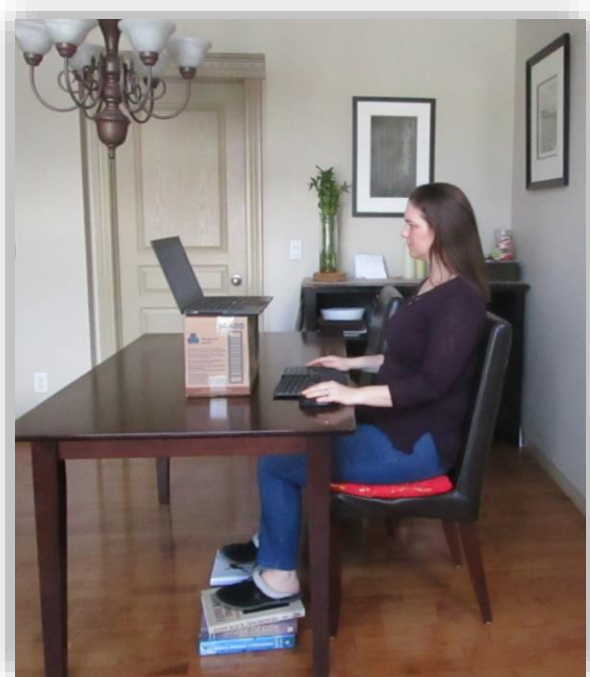


SOLUTION

- ✓ Use a small towel or cloth as a palm support.
- ✓ Raise yourself in your chair to lessen the pressure on your wrists.
- ✓ Move every 30-45 minutes.
- ✓ Use a kitchen island or ironing board to raise yourself to standing.
- ✓ Use headphones.
- ✓ Move your workstation setup to a quiet area of the house.



The right combination of furniture and household items can create a standing workstation!



A small cushion, a few books, and a box of cookies can make a huge ergonomic difference and minimize discomfort!