

# Make Your Home Workstation Work



## Pick a spot.

If you do not have a regular desk at home, working at a kitchen table is generally much better than sitting on a couch with your laptop on your lap.

## Adjust your seat.

Use a seat wedge to help you maintain better posture and sit up straighter. You can make your own by folding a bed pillow in half to form a wedge.

## Adjust your monitor.

Place large books or reams of copy paper underneath to raise the laptop so that you do not have to raise your hands uncomfortably up, or bend your head uncomfortably down. Consider using a wireless keyboard and boosting the height of your laptop screen to eye level. You should be able to comfortably reach your keyboard with elbows bent at about a 90-degree angle.



Every seated workstation can be a sit/stand station. Simply stand up every 20 minutes and take a break to stretch and move.

1. Stand up and move your legs up and down like you are walking in place.
2. Look at an object that is more than 20 feet away for 20 seconds.
3. Gently shake your hands, wrists and elbows while gently rolling your shoulders up, back and down.
4. Take a slow, deep breath in to improve your posture and smile, then slowly exhale.
5. Sit down, refreshed, in a good posture. You are ready to get back to work!

**For more information on health and wellness and to find a doctor near you, visit [www.HandsDownBetter.org](http://www.HandsDownBetter.org).**

*This information was provided by Drs. Scott Bautch and Scott Donkin of the American Chiropractic Association (ACA) Council on Occupational Health.*



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