



UNIVERSITY OF DELAWARE

**EMPLOYEE HEALTH
& WELLBEING**

BOOST YOUR POSTURE PRODUCTIVITY

Employees can often work from home rather than commute to the office. While working from the comfort of your own home can be an added benefit, you may not experience 'true' comfort while completing your work tasks. In an office setting, a desk, supportive chair, standard monitor/keyboard/mouse would be used. These may not be readily available at home, leading employees to think of 'creative' ways to set up their area to complete their work.

On the other hand, even if available, many people may prefer to use other areas of the house, such as the couch, coffee table or even their legs to support their laptops. In a perfect set-up, employees would have a dedicated office-style set up at home. But as this is not typically the case, you will want to use what you have to your advantage. Here is a list of things to keep in mind while working from and a list of items to help boost your posture and productivity.

- 1. First, sit at a regular table – such as your kitchen/dining room/etc. table. Use the chair to your advantage by sitting fully into the chair to give your body, and especially your back, the support it needs.**
 - [Lumbar Support Back Pillow](#) (\$24.95)
 - [Seat Cushion](#) (\$17.99)
 - Kitchen Chair with pillows (\$0)
- 2. If using a laptop, use a laptop riser to help prevent hunching over to look at the screen.**
 - [Portable Adjustable Aluminum Laptop Desk](#) (\$39.99)
 - [Adjustable Computer Monitor Riser Desk Stand](#) (\$17.79)
 - Stack of Books / Magazine / Boxes (\$0)
- 3. An external keyboard and mouse can help keep you at a neutral position.**
 - [Wireless Keyboard and Mouse Combo](#) (\$28.99)
 - [Ergonomic Mouse Pad with Wrist Support](#) (\$15.99)
 - Folded hand towels / socks filled with rice (\$0)
- 4. Remember to take the periodic breaks, like you would during a typical day at the office.**
 - [Rotating Timer](#) (\$17.99)
 - Cell Phone Alarm (\$0)
- 5. Routinely look away from your monitor to give your eyes a rest, while stopping your typing to do some gentle stretches.**
 - [Blue Light Blocking Glasses](#) (\$16.99)
 - Look out the window (\$0)
- 6. Don't forget to also stand up and move around every hour.**
 - Walk around your house / neighborhood (\$0)

Keeping to a typical workday routine and utilizing good ergonomic practices help in the long run with productivity and overall wellbeing. For additional Ergonomic resources, visit, www.udel.edu/ehs and Health and Wellbeing resources, visit, www.udel.edu/wellbeing