STRATEGIES FOR A PRODUCTIVE WORK STATION

With distance learning becoming more common, it is important to ensure the use of a proper work station within your home environment! A well set-up work station can increase productivity as well as limit the risk of musculoskeletal injury.

General workstation setup

- Find a comfortable & supportive chair to sit in vs lounging on the couch or bed
  - Chair that allows you to sit with adequate back support
- Try to bring the computer screen to eye level if possible
  - You can do this by placing a box or a few books under your laptop
- Position your computer screen perpendicular to any windows if possible.
  - Which reduces glare and risks of eye strain

Proper body positioning

- Feet flat on the floor- keep 90° angles between your knees, hips and elbows
- Back straight and supported
  - Imagine that you have a tail and you don't want to sit on it
- Shoulders relaxed
- Screen 18-24” away (arm’s length)
  - Hold your arm out, your middle finger should touch the middle of the screen
- Using an external mouse & keyboard can aide in proper positioning

Using the 20:20:20 Rule

- Every 20 minutes
- Look at something 20 ft. away
- For 20 seconds

Resources:

Online Guide to Workspace Set Up
Additional Resource for Computer Workstation
Thriving as a Trojan on Demand Workshop