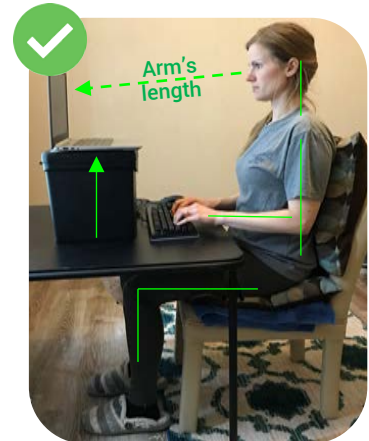
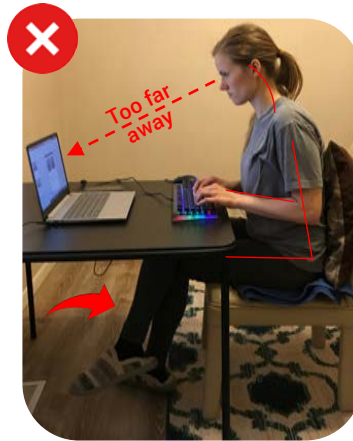
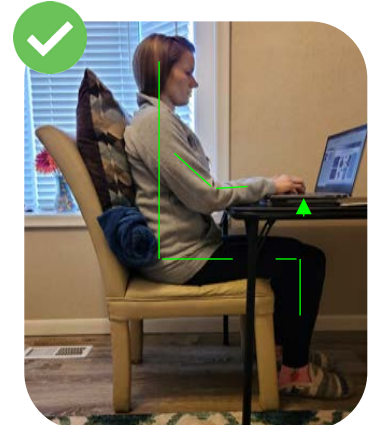


What's your home office setup?

Using an external mouse + keypad:



No external mouse or keypad:



- Monitor should be an **arms' length** away and **at/just below eye level** to reduce eye strain. You can use a stack of books, box, reams of paper, or other stable items to raise the screen.
- Elbows should be at a **90°–110° angle** with arms resting at the side when using keyboard
- Shoulders should be back and upright, not rounded to prevent neck strain
- If office chair has arm rests, lower or remove them to prevent elevation of arms/shoulders during typing
- If using a laptop with no external keyboard, make sure not to raise laptop too high— this can cause elevation of arms and shoulders
- Use pillow(s) or a rolled towel to support your low back
- Sit with **thighs parallel to the ground** to prevent low back pain
- Feet should be **flat on the ground** to reduce pressure on low back. If your feet cannot rest flat, make a footrest by propping something under your feet (foot stool, pillow, towel, etc)