

## Working from home, your comfort

Unless you have a dedicated desk and chair setup it can be difficult to achieve a healthy posture. That said, it is possible to work effectively from a couch, dining room table or kitchen counter by following this advice:

- First, figure out where you are going to work to avoid too many distractions.
- If possible, try to avoid soft seating. Couches and beds do not support your body well. If you do decide to work from your couch use a small pillow to support your lower back and maintain the natural curve of your spine.
- Avoid placing your laptop on your lap. This can cause laptop burn on your legs. Use a tray or even a magazine to prevent contact.
- In an office your chair is positioned so your thighs are horizontal and your feet flat on the floor or footrest. It is unlikely your dining chair or kitchen stool will provide the same support so your pelvis may be tilted while you work. Make sure you stand up regularly and move your body.
- A couple of ways of doing this is to place your beverage out of reach so you have to move to get it. Stand up while taking a call.
- Listen to your body! If you become stiff, fidgety or uncomfortable... **MOVE!** If you experience more frequent discomfort speak with your manager or health and safety colleagues.

**Remember, your health and wellbeing is the most important thing to us. This homeworking period is temporary and difficult for all of us, we are here to support you through this challenging period.**