

ERGONOMIC TIPS FOR WORKING FROM HOME

Updated on April 1st, 2020

The COVID-19 pandemic has forced the arts and entertainment industries to change their working methods. With physical and social distancing being practised to help in preventing the spread of the virus, the majority of workplaces have implemented working from home procedures. Not everyone has access to a sit/stand workstation at home and even if they have, it doesn't eliminate the risk of ergonomic hazards if they don't move and stretch often.

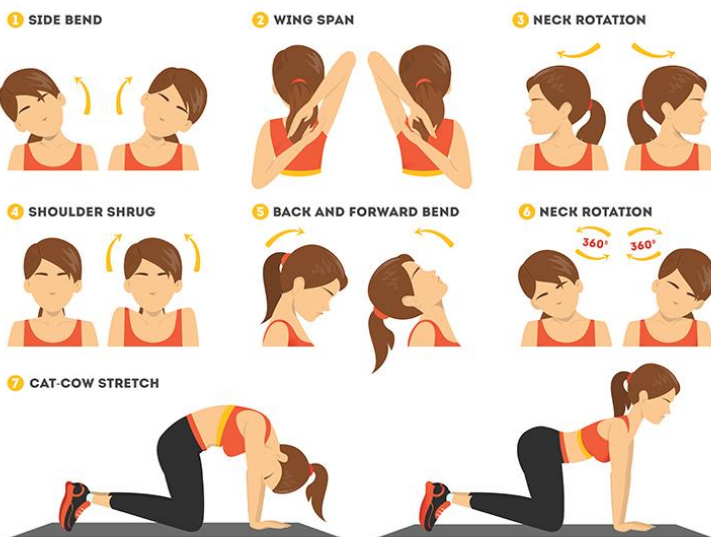
Ergonomic hazards include: improper body positions, static positions, repetitive motion, and use of excessive force which lead to musculoskeletal injuries.

The following tips can help to minimize and prevent ergonomic hazards while working from home:

- Remember to take micro-breaks frequently. If this is not possible, for example, you are in a conference call or a meeting, remember to stretch afterwards.
- Keep moving from your temporary work area, whether it's a sit-down or standing workstation.
- Sitting constantly in one position may cause stress to some body parts. Change positions often to minimize this stress.
- Look away from your computer screen once a while to rest your eyes.
- Dim the screen brightness to a more comfortable level.
- Stay hydrated. It's a good reminder to take a sip of water whenever you take a micro-break.

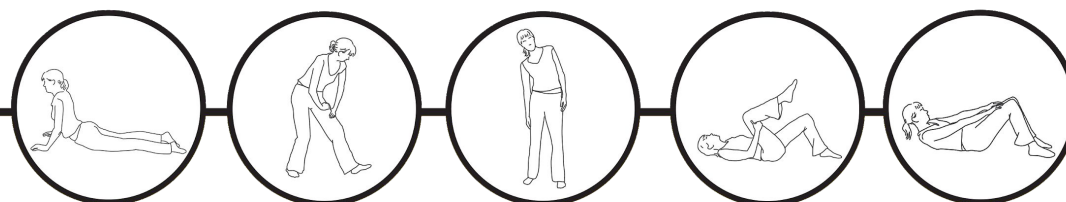
MICRO-BREAK

A micro-break means taking quick
20 to 30 second
breaks after every
20 to 30 minutes
of work.



Whenever you take a micro-break, stretch your body.

You can select and change between the following stretches;



Remember to stretch for
20 to 30 seconds.