

ERGONOMICS

FEEL GOOD FRIDAY - WEEK 7



This week on **Feel Good Friday**, we will be discussing good desk posture or ergonomics. Many of us are sitting for longer periods of time with midterms, online classes, and online social activities! Make sure your desk station is set up appropriately to prevent pain. Examples of pain from poor posture can result in the neck, shoulders, jaw, back, and headaches. If you are experiencing increase in pain that could be contributed to your desk station set up, please seek medical attention.

DESK ERGONOMICS

A guide for good posture habits and efficiency while working...

- **Feet comfortably rest on the floor when sitting.**
* Tip: use a footrest if your chair is too tall
- **Hips should be higher than your knees. When reaching forward bend at hips not back.**
- **Spine should be straight with a slight arch in lower back, make sure you are using the backrest!**
* Tip: roll a towel and place it at the small of your back
- **Shoulder should be relaxed, at side of body and not rounded forward**
- **Elbows should be at approximately 90-110 degrees with forearms almost parallel with floor and supported on arm rests.**
- **Wrist should be straight; palms should not be resting on pads at all times**
- **Monitor should be directly in front at a distance approximately arm's length**
- **Top 1/3 of monitor should be aligned with eye height. A good tip for Zoom and webcam angles!**
- **Move the mouse from your elbow rather than your wrist to avoid carpal tunnel.**

OTHER HELPFUL TIPS



- Plan studying/work to allow for breaks to rest your eyes and body
- Use a watch/timer to schedule breaks
- Take 1-minute breaks every 15-30 minutes and 5-minute breaks every hour
- Observe the 20-20-20 rule → for every 20 minutes of computer work, look 20 feet away for 20 seconds.
- Deliberately blink to restore moisture. Normal blink rate is 6-15 times per minute. We do not blink as much when we stare at computer screens all day!
- Reposition workspace for most commonly performed tasks with frequently used items closer

[Source/Additional Info](#)



EMBODYING THE STUDIO ENVIRONMENT

1. **Connect your device to a TV screen with an HDMI cord. Seeing your teacher and classmates on a larger screen can invoke a stronger connection to the class material.**
2. **Sensory Engagement**
 - **Scent** → use any candles, incense, or oil diffusers to fill your space with the scent of your choosing while taking class. This can help set an intention and energy for your class that day.
 - **Touch** → use a foam roller, tennis ball, or the leg table to roll out your muscles and take care of your body throughout class. This can help keep you engaged and help to create a studio vibe in your space.

EQUIPMENT OPTIONS



- Use a copy stand when typing or reading from a document.
- If using a laptop, consider getting a computer stand with a wireless keyboard and wireless mouse. This way the laptop monitor can be positioned at the correct height without adjusting your body to the laptop.
- A yoga ball/swiss ball can be an alternative to sitting on a hard chair for multiple hours.
- If available a standing work desk or mount can be used to alternate between sitting and standing.
- There are many affordable options online to add comfort and stability to an uncomfortable desk such as the following:
 - Lumbar support
 - Supportive seat cushions
 - External/Ergonomic keyboard and mouse

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