

How to set up your home working environment

Top of screen should be about eye level (use a box/pile of books if you have to)

Screen in a central position, arms' length away from you

Balanced head, not leaning forward

Arms relaxed by your side; forearms parallel to desk

Sit back in chair ensuring good back support (use a rolled-up towel or cushion to support your lower back)

Feet flat on floor or on a foot rest (use a cushion/box/old books)

Sit on a cushion to raise you to the right height

