

Work from home tips & free consultation

Work Solutions

For many of us, while managing lockdown restrictions we are juggling to work from home. For some, this has meant moving to work in established home offices and for others this means setting up a work area quickly and with available resources at home.

Some things to remember when moving to work from home.

Our bodies like to move so varying your posture regularly will help you remain comfortable. Some ways to do this include:

- Stretching back in your chair regularly (if you have a chair that allows this)
- Standing up from your chair regularly (at least every 30-40 minutes) to stretch or take a short walk.
- Capturing the natural breaks in your day when you don't need to access the computer. If you're on a phone call, try to stand and move.
- Using headphones if you have them when on longer calls (phone headphones are fine), and avoiding cradling the phone between your ear and shoulder.

Under the current circumstances we're having to reconsider our image of an ideal workstation. Some considerations for setting yourself up at this time include:

- Choose an area with adequate space for your laptop, a separate keyboard and mouse if you have them, or a desktop computer, keyboard, and mouse. Overreaching to access the keyboard and mouse and leaning forward can contribute to the 'turtle' a rounded work posture.
- A height adjustable chair is great if you have one as you can then ensure your chair is raised to allow you to access the keyboard and mouse without "hunching your shoulders". If the dining table or available surface is high, and you don't have a height adjustable chair, use a firm cushion to raise your seated height to have your forearms as close as possible to the table height.
- Remember to take a deep breath regularly and relax your shoulders on the outbreath, to regularly return to relaxed shoulder posture.
- If you're sitting in a dining chair, roll a towel to place in your lumbar area to support relaxed seated posture. If the towel moves, try putting it in a pillowcase to keep it stable.
- If your feet can't touch the floor comfortably when sitting, with a slight forward slope of the thighs, use something as a footstool such as a box, a book, or a couple of books
- Alternating between sitting and standing can be great and an easy way to do this is by moving our laptop to the kitchen bench or breakfast bar (choose a surface based on how tall you are!). Use a bench that is a bit lower than your elbow height when standing. See photos on next page using a bench as a standing desk.
- Depending on what works for you, consider a standing pose for regular periods throughout the day or as your key posture.
- For short periods (20-30 minutes), use your laptop directly on the bench remembering to look down to the screen with a 'nod' not hanging your head forward.
- For longer periods, raise your laptop on books/a box and use a separate keyboard and mouse if you can.

Working from a laptop for short periods, at the bench. Remember to look down with a nod.



For longer periods, pop the laptop up and use a separate keyboard and mouse if you have them.



Free home work space consultation

During lockdown, Geneva Healthcare's Work Solutions team of specialist health professionals will provide free one-off videoconference consultations to any New Zealand Health Group employee who would like support with their work from home set up, especially those experiencing discomfort. This free consultation will take around 20minutes to support problem solve and reconfirm advice.

To request a consultation, email Ruth.Blackwood@genevahealth.com