



Premise Health presents:

# Wellbeing 360°

A virtual mind and body expo

## At Home Ergonomics

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## Kristine W. Haynes, DPT, CEAS

### Product Manager, Musculoskeletal Solutions

Dr. Kristine W. Haynes received her Doctorate of Physical Therapy from the University of South Carolina in 2006. She has since worked in various clinical settings including; outpatient, neuro, home health and pediatrics, providing care from newborn to adult. Kristi is presently a Product Manager for the Musculoskeletal Solutions team with Premise Health and has been with the organization since 2013 working to improve and streamline approaches to Ergonomics in the workplace, Injury Prevention strategies, and overall wellness and management of the Occupational worker. She has earned multiple certifications surrounding ergonomics and has presented on topics related to At Home Ergonomics as well as trainings and standards surrounding Ergonomics and Early Intervention for Premise Health and its clients.



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## Session Disclaimer

This program is provided to you by Premise Health to support your overall wellbeing. Educational programs such as the one that follows are introductory in nature and are meant to encourage your further exploration and conversation with your provider. It is not a substitute for that relationship. You should consult the appropriate healthcare professional should you have a condition that warrants medical attention or advice and support.

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At Home Ergonomics

## Objectives

- What is Ergonomics?
- What are some common ergonomic risk factors and how do they affect my body?
- What is a neutral position?
- How do I maintain a good workstation set up whether at home or in the office?
- What are some general movement recommendations for taking breaks during the day?

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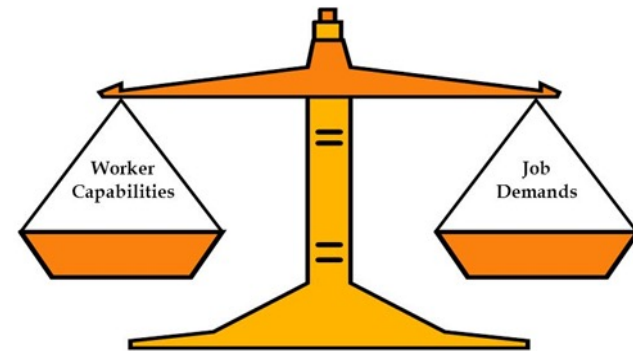
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## At Home Ergonomics

- *Ergonomics* is the study of the relationship between people and their working environment
- Focus specific to the equipment they use

### Ergonomics

Balance for Optimization



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## At Home Ergonomics

- Devices are being used in many places, from local coffee shops to airline seats at 30,000 feet
  - The position of your workstation is important



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## Common Risk Factors

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## Common Risk Factors

- Awkward Posture and Position
- Repetition
- Force
- Environmental Effects



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## Awkward Postures

- Bent Wrists
- Elbows held away from the body
- Outstretched arms
- Slumped shoulders
- Slouched posture



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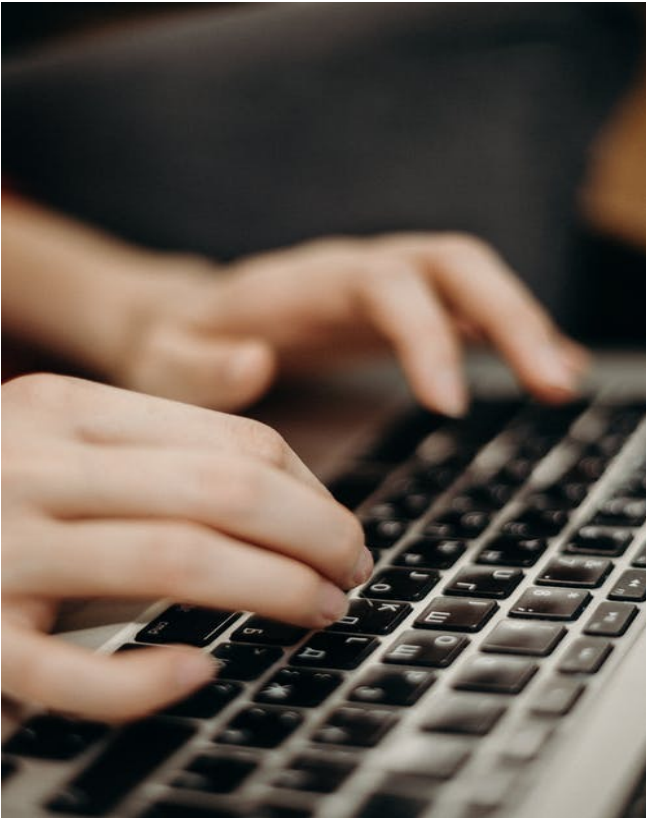


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## Repetition

- The more often a movement is repeated during the workday, the greater chance of developing discomfort.



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### Force

- Force injuries are often more common in industrial setting.
- So, how can force be an issue behind the desk?



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### Environmental Effects



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- Keep noise in the environment to a minimum to promote ease of concentration
- Maintain a comfortable temperature
- Consider your lighting to reduce glare

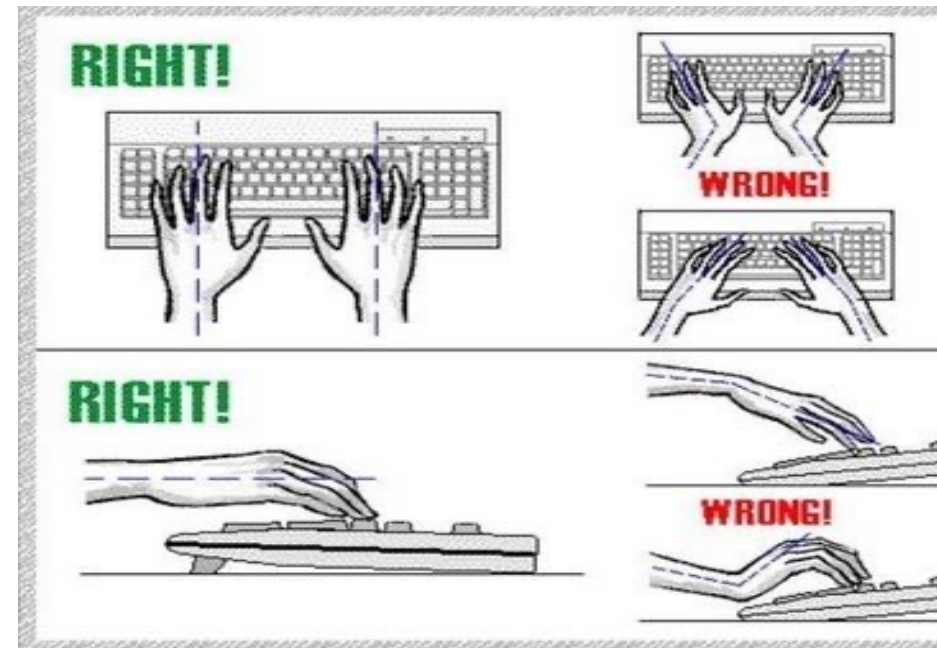
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## At Home Ergonomics

- How you move and use your body determines the health and comfort you feel while doing your job.
- The key to good body movement is working in neutral positions.



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## What do I consider a neutral posture?



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## Feet, Knees, & Legs

- Make sure your feet can rest firmly and comfortably on the floor while sitting.
- Use an adjustable work surface and chair if available that allow your feet to rest firmly on the floor or use a footrest.



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## Back

- Use your chair to fully support your body.
- Distribute your weight evenly and use the entire seat and backrest to provide support



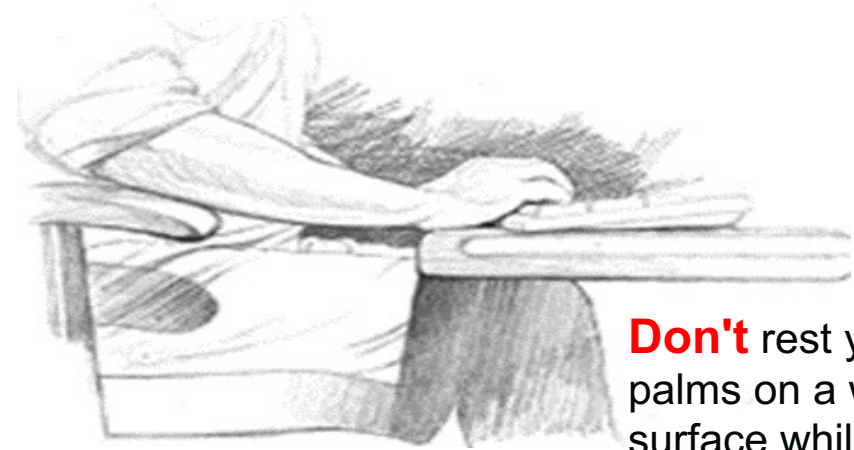


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## Forearms, Wrists, & Hands

- Keep your forearms, wrists, and hands aligned in a straight, neutral position
- Maintain this neutral position whether you are working at a desk or table
- Avoid bending your wrists while typing or using a pointing device.



**Don't** rest your palms on a work surface while typing.



**DO** hold a straight, neutral wrist position while typing.

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### What could be wrong?



- Increased tilt of keyboard = Increased bend at wrist



- Neutral position achieved = decreased pressure/force placed on wrist structure



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## Workstation Setup

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## Workstation Setup: Monitor

- Eye strain and muscle fatigue can be reduced in your neck, shoulders, and upper back by properly positioning the monitor and adjusting its angle.



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## Workstation Setup: Positioning Your Keyboard

- Position the keyboard directly in front of you to avoid twisting your neck and torso.
- This makes it possible to type with your shoulders relaxed and maintain your upper arms by your sides.



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## Workstation Setup: Paper, Books, & Other Stuff

- Select a work surface or surfaces that are large enough to hold computer equipment and any additional items required for your work.
- To help minimize eye fatigue, position any materials frequently used at about the same viewing height and distance.



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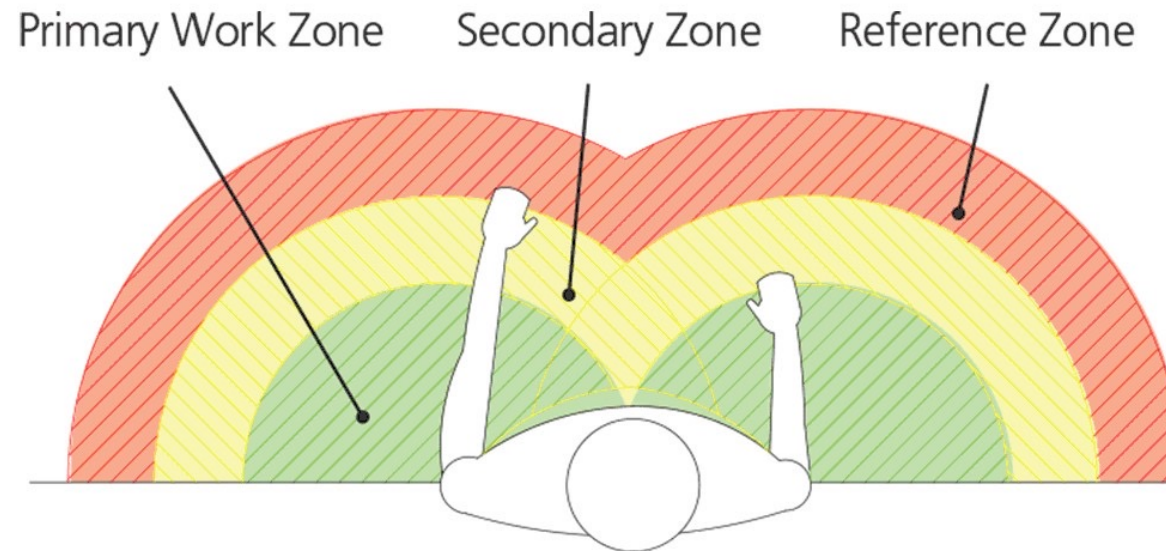
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## Workstation Setup: Reach Zones



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## Workstation Setup: Primary Work Zone

- In this zone, all items should be a comfortable reach when sitting fully back in your chair with elbows relaxed by your sides.



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## Workstation Setup: Secondary Work Zone

- The area on the desk that can be reached with your back still fully back in your chair but with arms extended.
- Items placed in this zone remain easily accessible
- Phone, reference materials, cup of tea/coffee



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## Workstation Setup: Reference Zone

- Items in this zone encourage leaning and reaching, potentially increasing the risk of repetitive awkward movements
- Plants, personal belongings, rarely used stationary are items to consider in this zone



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## Take a Break!

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## General Recommendations

- Stretching is recommended throughout the day to warm up muscles, improve flexibility and help prevent discomfort.
- Get up every hour and take breaks to walk around home/office, get a snack, stay hydrated.
- Stretching should not cause pain or discomfort.



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## Neck & Trunk Rotation

- Hold 5 sec and perform to other side. Repeat 3X each side.
- Rotate to the right as far as is comfortable. Return to center.
- Now, rotate to the left as far as is comfortable. Return to center.



Photo sourced from Medbridge

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## Overhead Stretch

- Hold 5 sec count, Repeat 3 times
- Interlock your fingers behind your head
- Slowly arch your back and let your elbows fall out to the sides. You should feel a stretch in your chest.
- Hold briefly, then return to an upright position and repeat. and extend your arms up to increase extension through mid and upper back regions.



Photo sourced from Medbridge

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## Hamstring Stretch

- While sitting at edge of chair, extend one leg in front of the body with heel in contact to the floor.
- Maintaining straight posture, reach naval towards thigh until gentle tension. Try not to allow rounding of back.
- Hold for 30 sec, Repeat on other side.



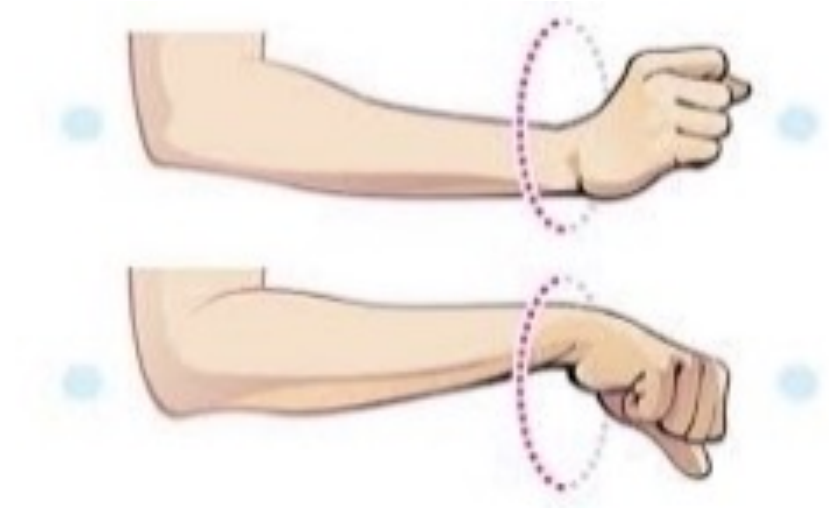
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## Wrist Circles

- Perform 10X one direction, Repeat 10X opposite direction.
- Extend your arms forward, elbows by sides and slowly make circles with both wrists.
- Keep your fingers relaxed in fist position.





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## 20/20/20 Rule



PAUSE EVERY 20  
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SET A TIMER FOR 20  
SECONDS.



STARE AT A SMALL  
OBJECT 20 FEET AWAY.

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## Don't Forget to Breathe!

- Take a moment breathe to end your stretch time as a reset before resuming workday.
- Close your eyes. Inhale deeply into your nose and out through your mouth at least 3 times.

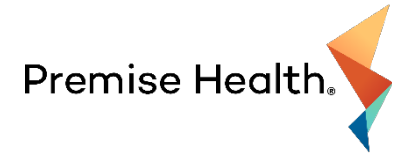


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## Movement Reminders

- Set yourself a movement reminder!



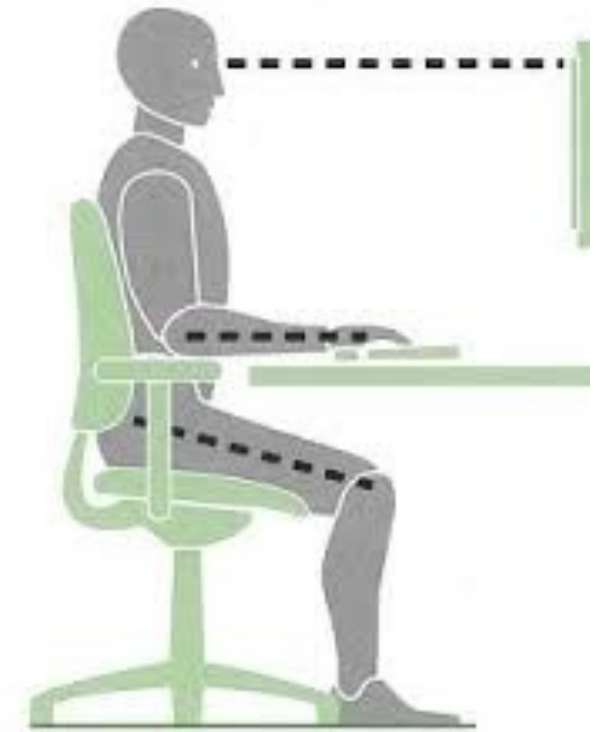
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## Set Up Review

- Feet on ground
  - Use footrest or reams of paper
- Make sure elbows are bent at 90 degrees
- Adjust monitor to arms distance away to reduce strain on eyes
  - The top of your screen should be at eye level
  - Using a laptop?
    - Use a monitor riser or books to raise the screen eye level
- Make sure keyboard is close to your body to protect wrists from being in extended position for too long
- When using mouse:
  - Move from elbow/upper arm not wrist to reduce overuse
- When using a phone:
  - Use headset/headphones OR...Place phone on non-mouse side so you use hand vs neck to cradle phone



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### Bonus Tips



Open the windows  
and get some fresh  
air!



Variety is key. Change  
it up at least once  
every two hours.



Move around and try  
working on different  
surfaces throughout your  
household. You may be  
surprised at what works!



Drink plenty of water! It  
will get you up and  
walking around both to get  
water and to use the  
restroom.



Taking a phone call?  
Try pacing and get  
some steps in.

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Thank you for attending



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