

STUDENTS LEARNING FROM HOME

BE SAFE AND SMART

DO YOU LAY IN BED, SLOUCH ON THE COUCH OR LAY ON THE FLOOR WHEN ON THE LAPTOP? THESE MAY BE COMFORTABLE POSITIONS IN THE SHORT TERM BUT CAN CAUSE STRESS AND DISCOMFORT TO YOUR BODY WHEN YOU ARE IN THESE POSITIONS FOR TOO LONG.

PLACE YOUR LAPTOP ON A TABLE OR DESK WHEN YOU CAN SIT UPRIGHT LOOKING STRAIGHT AHEAD. HAVE A DEDICATED WORKSPACE WHERE YOU HAVE ROOM FOR BOOKS.

IF YOU FIND YOU ARE LEANING FORWARD TO VIEW THE MONITOR BECAUSE IT IS TOO LOW, USE A LAPTOP RISER BUT BOOKS OR A BOX WILL SUFFICE.

A SUPPORTIVE CHAIR IS RECOMMENDED. IF YOU DON'T HAVE AN ADJUSTABLE OFFICE CHAIR, USE PILLOWS OR A CUSHION TO SIT ON AND TO SUPPORT YOUR LOW BACK.

RAISE YOURSELF HIGH ENOUGH IN THE CHAIR SO YOUR HANDS, WRISTS AND FOREARMS ARE LEVEL WITH THE KEYBOARD. IF THE CHAIR IS ADJUSTABLE, RAISE IT TO CORRECT HEIGHT OR USE A CUSHION TO SIT ON.

TAKE BREAKS, SITTING AND WORKING ON A COMPUTER FOR EXTENDED PERIODS OF TIME CAUSE STRESS TO YOUR BODY. TAKE FREQUENT SHORT BREAKS TO STAND UP AND STRETCH OUT.

