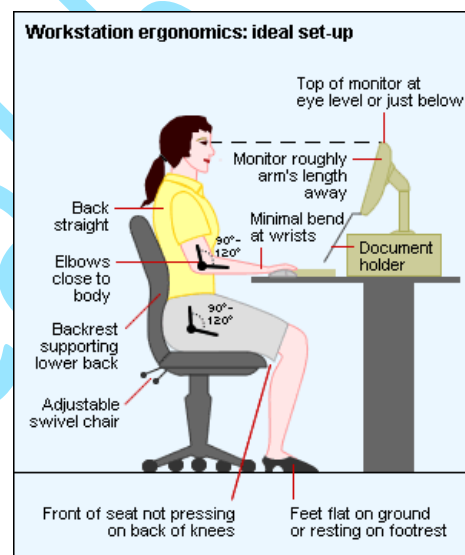




## Moore Health Physiotherapy Work Station Set up

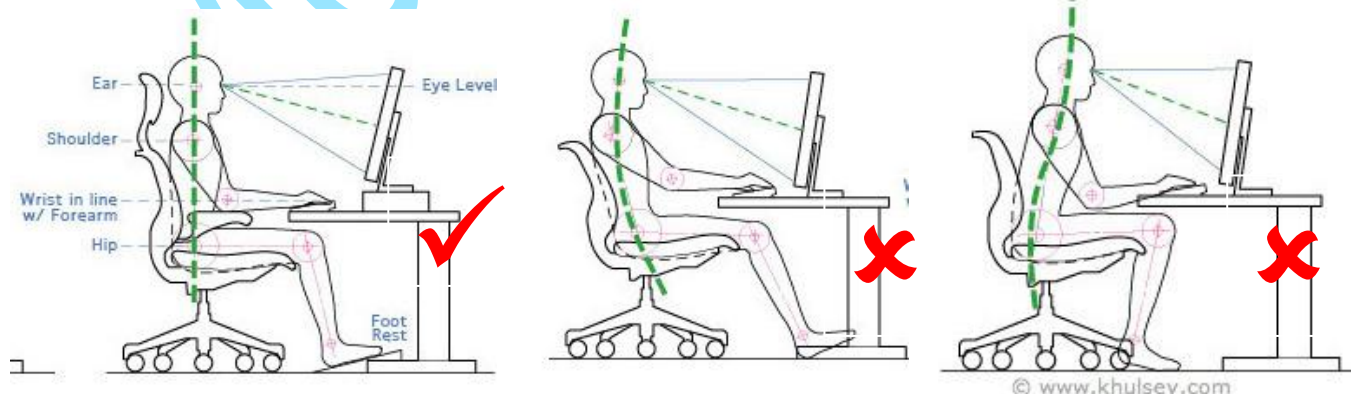
### Basic Principles

- Keep work as close as possible to your body
- Keep items that are used regularly between hip and shoulder height
- Only short periods of time spent doing repetitive tasks and holding static postures
- Avoid exertion from force wherever possible
- Keep heavy reference materials in arm's reach or so that you need to stand to access them
- Maintain upright posture and avoid twisting



### Posture

- Ensure lower back is supported
- Keep head upright and facing forward
- Shoulders relaxed and down - the muscles on top of your shoulder should be soft
- Limit twisting, bending and reaching
- Don't hold the phone between your ear and shoulder – a headset would be ideal
- Vary positions – ie sitting, standing





- Avoid controlling the mouse with only side-to-side wrist movement (keep your wrist in line with your forearm & move the forearm & wrist as one)

### Document Holders

- Place document holder next to the monitor and at the same height and distance as the monitor
- Use an angled surface to decrease prolonged periods of neck bending
  - eg when reading for prolonged periods of time

### Laptop Computers

If using for extended periods of time, consider:

- Docking station to ensure correct screen height
- Use external mouse and keyboard to avoid excessive reaching
- Ensure screen is at an appropriate distance away (as above)

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