



# *Comfort Anywhere: Ergonomic Hacks for Hybrid Work*

Provided by:

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# Objective

Learn quick ergonomic fixes to boost comfort and productivity at work and home.

# Talk About

- Why we experience discomfort and pain
- Improving your desk setup at work and home
- Tips for staying comfortable

# Why do we experience discomfort & pain?

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Poor postures increase fatigue and pain



# Why do we experience discomfort & pain?

- Static postures reduce blood flow through muscles.
  - Muscles fatigue
  - Waste products to build up in the muscles.



# Poor Back Posture

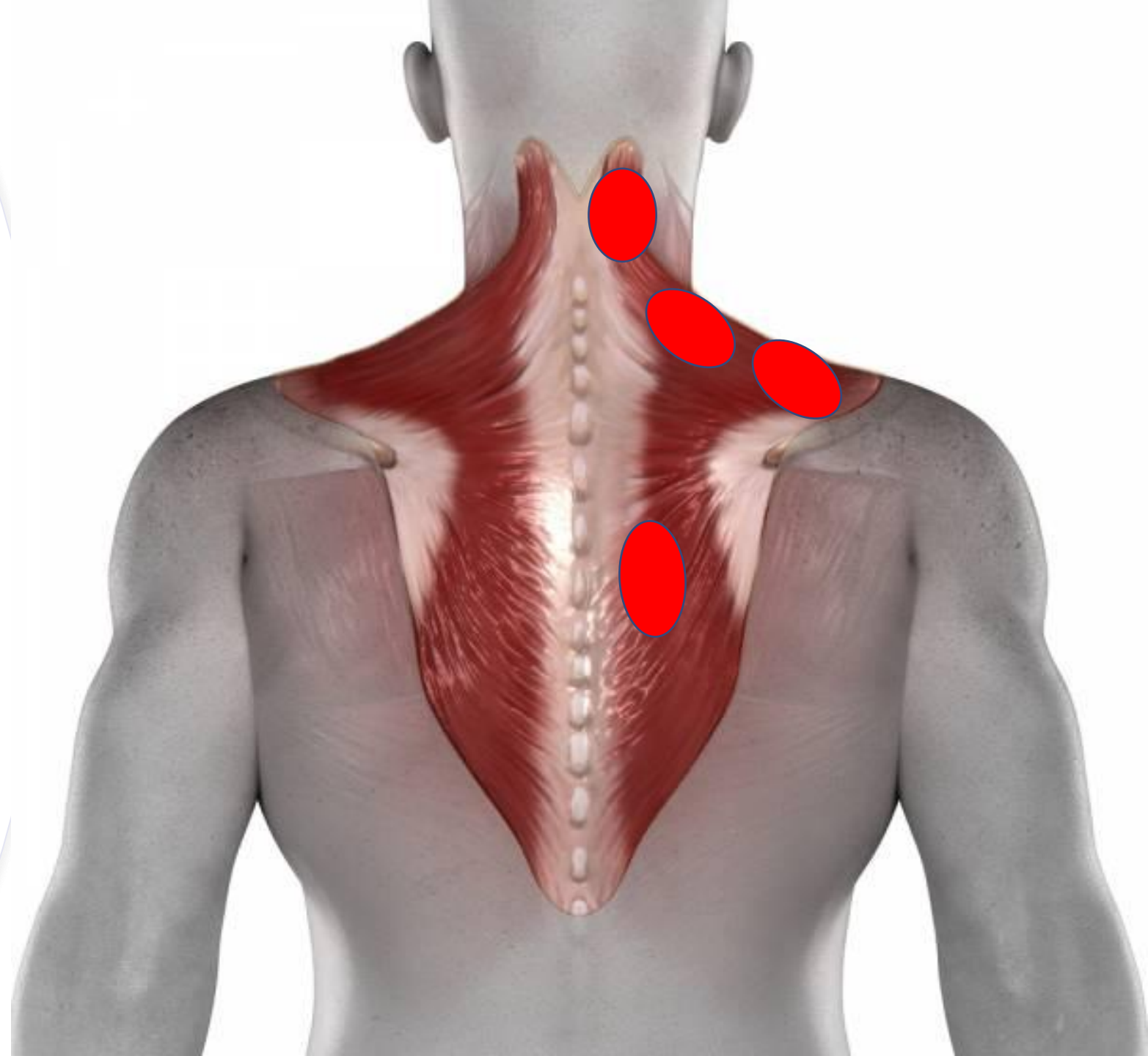
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Unsupported sitting and twisting increases pain



# Neck & Shoulder Pain

Holding poor postures increases neck and shoulder pain.

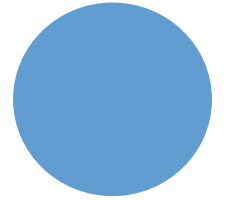


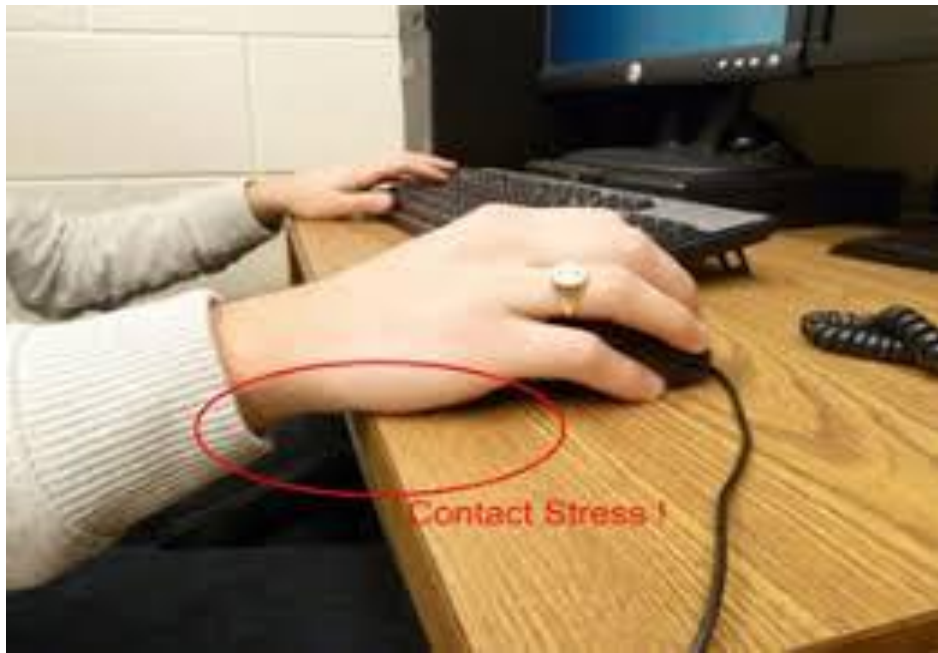
# Poor Neck & Shoulder Postures

Caused by:

- Monitor too far away or font too small
- Keyboard too high or too low
- Reaching for keyboard or mouse

Poor postures contribute to pain





Contact with the desk, bent wrists and gripping increase forearm & hand pain

# Poor Forearm, Wrist & Hand Postures

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Caused by:

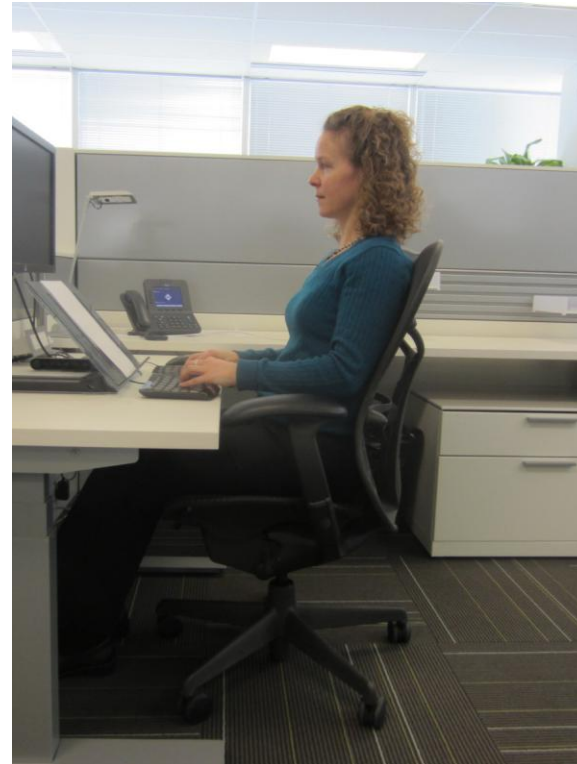
- Keyboard / mouse surface too high or too low

Also affects neck and shoulder pain



# Aim for Neutral Posture

- Head level
- Keyboard at elbow height
- Back Supported
- No pressure under the thighs
- Feet flat on the floor or footrest



# Choosing a Chair

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- Sit all the way back in the chair
- Supports your back
- Allows you to sit with hips and knees at about 90 degrees

Don't have an office chair?

- Kitchen or dining room chair is better than living room furniture





# Chair Adjustments

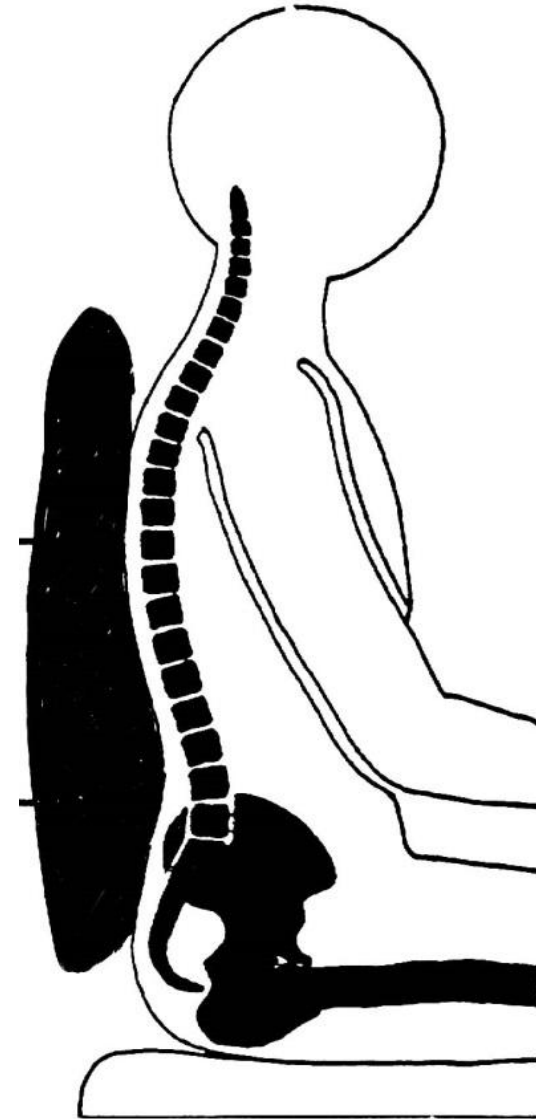
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- **Seat height**
  - Elbows at same height as keyboard
  - Chair not high enough? Use a cushion to boost you up
  - If thighs are not level, support feet on books/footrest
- **Seat Depth**
  - Sit with hips all the back in the chair so your back is supported
  - Small gap (1-2") between seat and back of calf
  - **If Seat too long**, check for a sliding seat pan adjustment, or place a pillow behind your back to shorten the seat.

# Chair Adjustment

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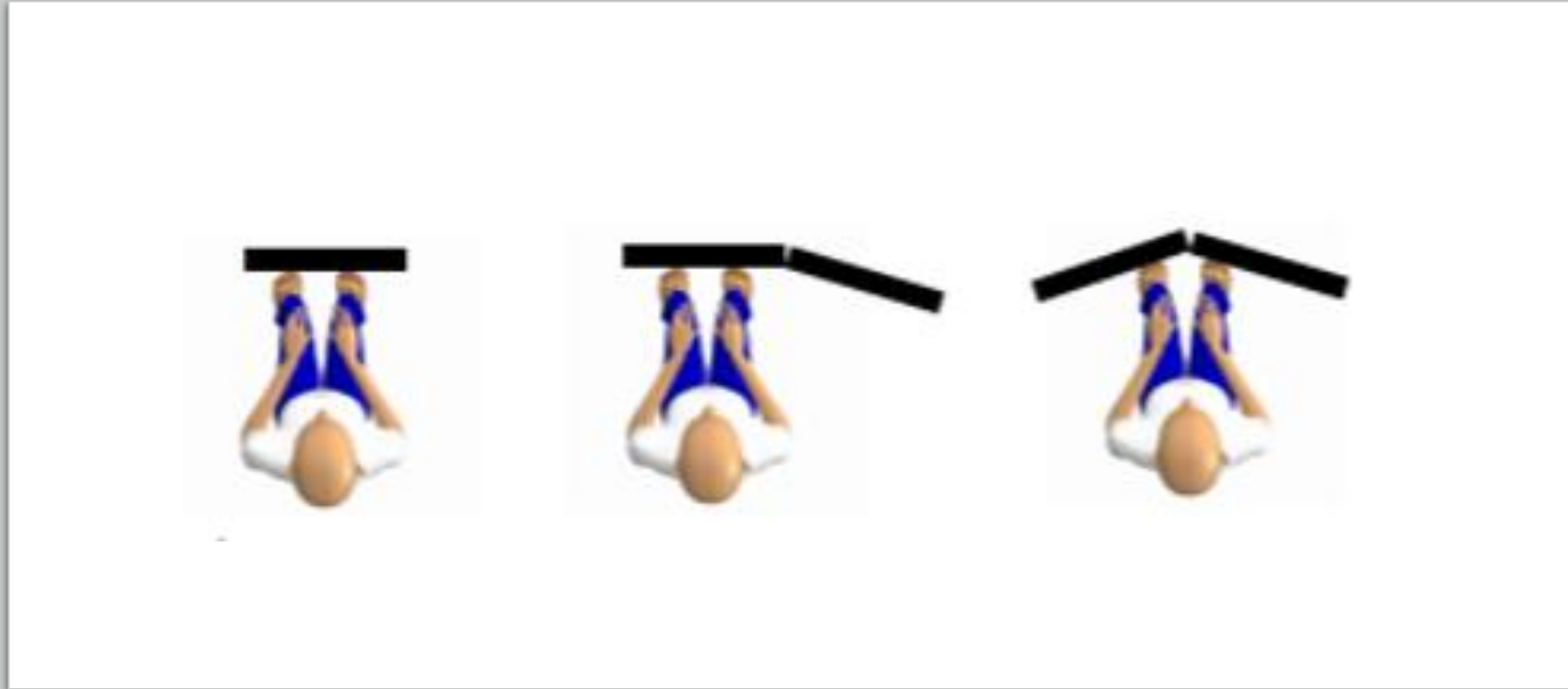
- **Backrest**
  - Height & angle to support your spinal curve
  - Or add a rolled-up towel / cushion
- **Armrests**
  - Support forearms with relaxed shoulders
  - Consider removing armrest if not supportive or hit desk





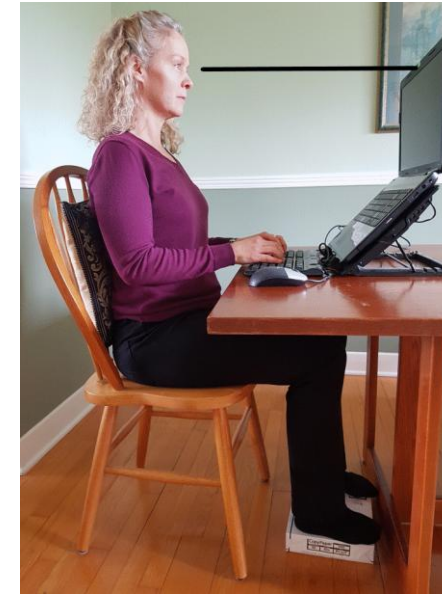
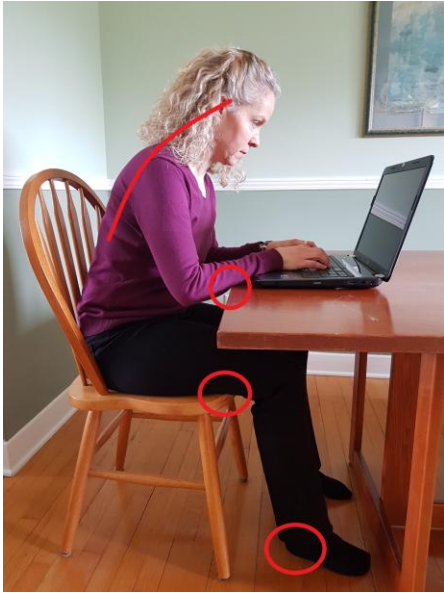
- Use books and boxes to raise the screen to eye level
- Monitor at easy-to-read distance

Screens



# Screens

- Center the screen and keyboard in front of you.
- Dual monitors: Center main screen with your body, with secondary screen to the right.
- Use both screens equally: Center them in front of you, with no gap between them.



## Using a Laptop?

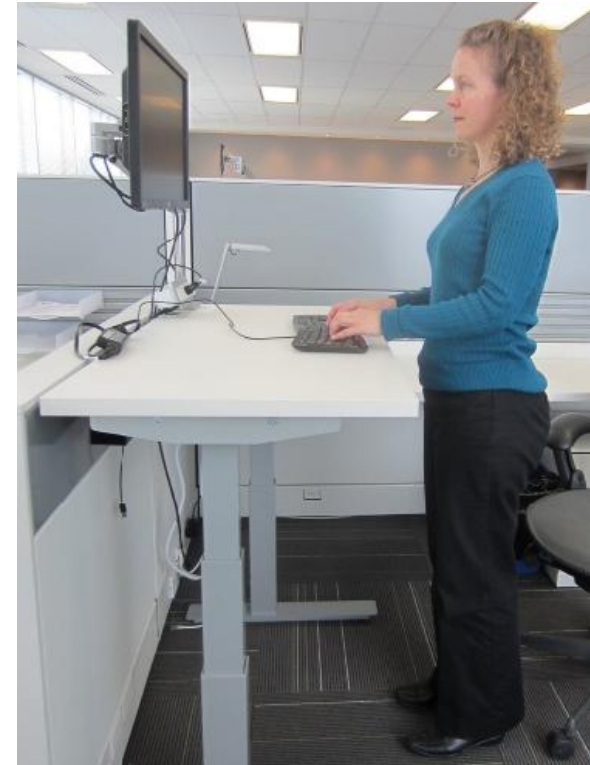
- Use an External keyboard/mouse or external monitor, when possible.
- Forearms inline with keyboard surface: Raise the chair or use a cushion.
- Support feet on footrest to relieve pressure on backs of thighs. Knees level with hips.
- Support low back with a pillow or rolled up towel.
- Raise the laptop screen to eye level using books or a laptop stand.

# Give Standing a Try

- Raise sit-stand desk to elbow height
- Kitchen counter

## Comfort Tips

- Wear comfortable, supportive shoes
- Raise one foot on a footrest, or sway gently
- Stand for 15 minutes, once per hour or so



# Movement and Posture Variety are Key

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- Get up at least once an hour to **stretch and walk**
- Stand for phone / video calls



# Take Aways

- Adjust workstation for better posture
- Move and stretch often to increase comfort
- Ask for an ergonomic assessment if you need help



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Stretching Program

[www.ergoprime.com/stretching-videos-english/](http://www.ergoprime.com/stretching-videos-english/)

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Questions?