

RE MOTE WORKING

#3

PRIORITISING
YOUR HEALTH
AND SAFETY

Remember those comfy office chairs and conveniently positioned computer screens? They weren't an accident.

At ECS, we follow something called the Display Screen Equipment (DSE) good practices. These practices give recommendations to help prioritise your health and safety whilst working – wherever that may be!

Whilst everyone will choose their own new comfy remote office chair, we do recommend that you do your best to achieve a reasonable posture while working on computers at home. Doing so can go a long way to prevent unnecessary back aches and pain, and make your working environment more comfortable in the long run.

Read on for more **tips and tricks** about prioritising health and safety in your home office...

Sit up, look sharp:

If you are unable to recreate the ideal posture (shoulders back, back flat against a chair with your computer at eye level), you could try some of the following:

- Sit on a cushion to raise your seated position (if your table is too high, this will help you relax your shoulders and straighten your wrists)
- Use a cushion or a rolled-up towel to support your lower back
- Elevate your laptop screen with a stand, books or a box (if you have a separate keyboard)

Get moving

If you're feeling a little too static, try going for a walk at lunch or doing some stretching exercises during the day.

If you're a fan of yoga, you're welcome to join the #yoga channel on slack. Virtual sessions take place every Tuesday, 6-7pm.



Take regular breaks from your screen

We understand that sometimes it's tempting to keep chipping away at a piece of work, but your body and mind will thank you more if you break up long spells of DSE work with rest breaks or changes in activity.

We recommend walking away from your screen regularly to reduce static working – aim for at least 10 minutes every hour.

You may also want to try taking your meetings on the go – using your headset or earphones – or working from other areas in your house to change up your working environment.

Eye Eye

Screen time can take its toll on your eye health, but there are a few things that can make it a little easier...

- Arrange your desk and DSE to avoid screen glare - adjust curtains and blinds to eliminate unwanted light.
- Avoid eye fatigue with the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for 20 seconds.
- Remember to blink!