

Working from home.

A lot of us have now found ourselves working from home. Follow these easy tips when setting up your temporary office. Settling into good habits early on can create a safe space to work, and avoid unnecessary injury and fatigue.

1. THINK OF YOUR POSTURE.

We need to make sure that we have the best setup that we can, to minimise the strain on our muscles and reduce the risk of injury.

We want the equipment to work for us, not the other way around.

Try to ensure that your monitor is raised level with your eyes, that your feet are supported, elbows are level with the desk, and eyes are looking comfortably ahead.

2. SET UP YOUR ENVIRONMENT.

Find an area in the house where you can set yourself up to work that feels comfortable, and where you can focus.

Think to yourself, what equipment do you need to set yourself up well? We recommend the following:

- Adjustable chair with a lumbar support
- Monitor
- if you are using a laptop, get an External mouse and keyboard. Then raise the laptop on a sturdy item like it is a monitor.
- Footrest if your feet are not flat on the floor.

Remember be creative! If you need to use household items then do, as long as they are safe to use.

3. SCHEDULE BREAKS AND TAKE THEM IN THEIR ENTIRETY.

Just like when you are in the office it is important to take your breaks. Leave your office space for this time, go for a walk and eat lunch away from your desk. Setting good routines early and maintaining a work life balance is very important.

4. SOCIALISE AND COMMUNICATE.

Technology is so great these days to help us connect with each other. Ensure you use the technology provided to not only do work tasks, but to check in with your work colleagues too.

Face to face video calls are the best way to really understand and communicate with your team. Schedule regular meetings and make sure everyone feels included and on the same page.

For more information about working from home and employment and MS please listen to our webinar hosted by Janet McPherson, the Service Delivery Manager for the MS Employment Support Service in Brisbane.

<https://www.msqld.org.au/health-and-wellbeing/virtual-wellness/>