Working remotely has become a strategy to safely social distance during the COVID-19 outbreak, however few have taken the steps needed to set up their home workstation to avoid discomfort. The following provides some strategies to improve your comfort while working from home.

**Laptop use:** Many working from home are using laptop computers as a primary working tool.
- Use an external keyboard and mouse for your laptop. Raising the laptop screen higher and using the external keyboard and mouse will significantly reduce a head down position which can lead to neck and shoulder discomfort and headache.
- The keyboard and mouse should be positioned so that your elbow is at a 90 degree angle.
- Ideally, the keyboard and mouse should be positioned close to the user to avoid reaching forward.

**Chairs:** Sit in a chair that is comfortable and if possible, adjustable.
- A dining room chair may be adapted with use of pillows for additional padding and a rolled towel slipped in the low back for additional lumbar support.
- Feet should always be supported either on the floor or on a footrest/books to reduce low back discomfort.

**Take frequent breaks to stretch and relax muscles**