

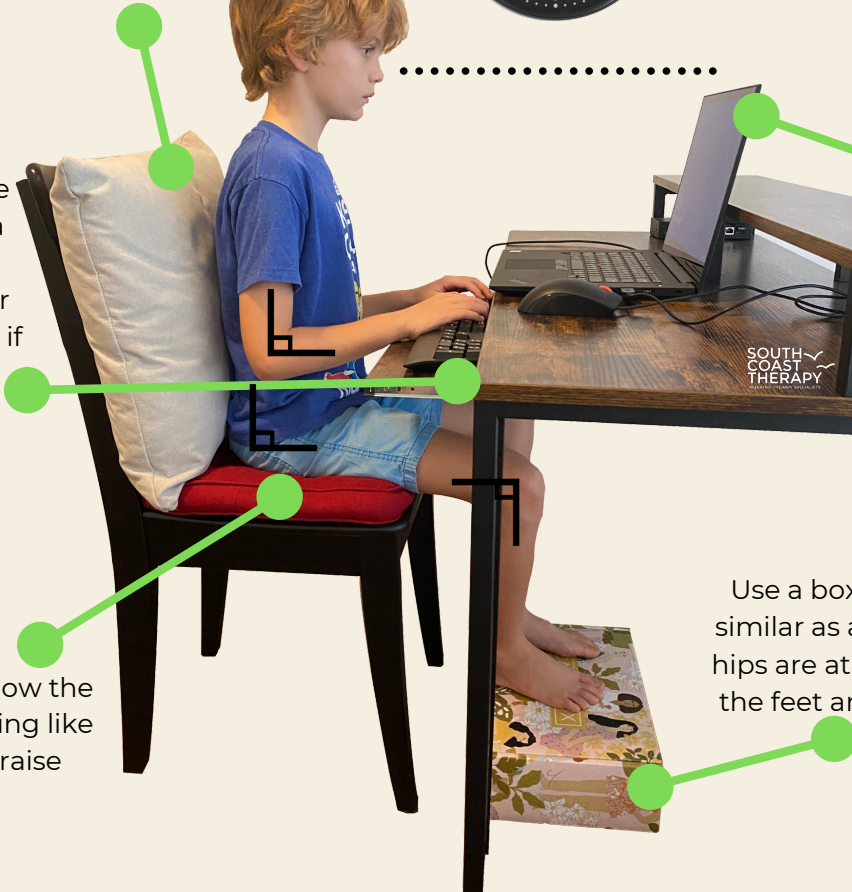
Ergonomics: Desk Set Up for Distance Learning

Have the back supported but stay close to the desk so that the elbows are relaxed at 90 degrees. You may need to add a pillow behind the back.



Move positions frequently. Try laying on the floor or standing at a desk or table. Maybe even try going outside!

Laptop keyboards can be hard on posture. Using a bluetooth keyboard can help alignment. Consider placing the laptop higher if not using the keyboard.



Elevate the computer screen so the top is in line with the eyes. Try adding sturdy books underneath.

If the elbows are below the table, sit on something like a box or pillow to raise them up.

Use a box or something similar as a footrest so the hips are at 90 degrees and the feet are not dangling.

Don't Forget About the Sensory Systems

- What type of noise is best for you? Try silence, white noise, or music
- Keep a fidget toy nearby
- Try sitting on a exercise ball or inflatable disc for bouncing
- Add a piece of theraband to the front of the chair for kicking
- Don't have anything distracting like favorite toys in view
- Take sensory breaks: do jumping jacks, play with play dough, or have a chewy snack

