

Blueprints for Your WFH Space

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It might be cozy, but it is not recommended to work from your couch or in bed. The soft surfaces don't provide enough support for your musculoskeletal (MSK) system – often resulting in poor posture, which can lead to a variety of MSK discomforts. Here are tips on how to set up your WFH workspace.



ERGONOMIC CHAIR

A comfortable seat is a must! You can adapt an existing chair at home by adding a lumbar support cushion or a back rest.



LAPTOP STAND

If you're working from a laptop, we recommend using a laptop stand or stacking a couple books so that the top of your screen is at eye level or 5 degrees below eye level.



DESIGNATED AREA

Having a designated, ergonomic space for work at home, helps productivity and ensures your set up is optimized for your physical comfort for prolonged periods of time.



CHIROPRACTIC TIP

Combat stiff neck by taking a few minutes away from your screen every hour. Drop your shoulders, take a few deep breaths, and get some fresh air!

The suggestions provided in this document are for educational purposes only. No information from this document is intended as a substitute for professional medical advice, diagnosis, or treatment. Consultation with a chiropractor or another health care provider is recommended for anyone experiencing muscle, joint and/or nervous system complaints. While the information provided is up to date, the CCA recognizes that research and data are ever emerging and changing. Please use this information in conjunction with the best available evidence. Publication date: August 2024.