

Helping you prevent aches and pains when working from home

Our physiotherapists have pulled together their top tips for preventing aches and pains during these extended periods of working remotely.



Protect your posture

Don't neglect the importance of ergonomics when working from home. There's not always the need for expensive ergonomic chairs (but consider applying some of the basic principles of good sitting). This 4-min video is available to remind you how to undertake a simple desk assessment. Click [here](#) to watch.



Exercise and stretch

You should stand up or move about during calls and undertake a few simple stretches at, or away from your desk every 30-mins or so. The Chartered Society of Physiotherapy have recommend some simple desk and home based exercises and stretches. These can be downloaded by clicking [here](#).



Use headphones

If you are on phone calls regularly, avoid holding the phone between your neck and shoulder. Use headphones to plug into your computer or phone when on telephone or conference calls.



Stay hydrated

Drink plenty of water throughout the working day. Working on computers can cause dehydration to your eyes and keeping hydrated will help reduce eye strain.



Take a break

Don't forget to take a proper break from work at lunchtime, consider going for a walk or doing some kind of exercise. It's a fact that we move less and complete less steps when working from home compared to commuting to the office.

For more guidance and advice on how to stay healthy and active at home click [here](#).
For further resources supporting employee wellbeing visit:
nuffieldhealth.com/workplace-wellbeing