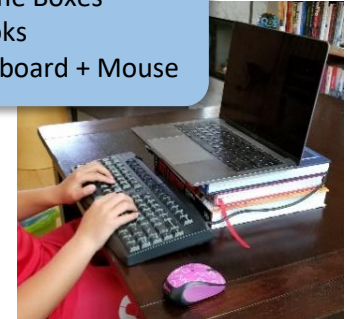


# Ergonomic Tips for your Remote-Learning Setup

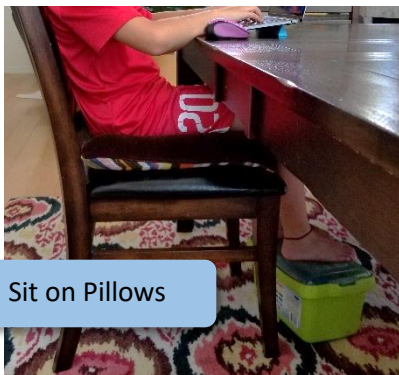
## Separate the keyboard from the screen



- ✓ Game Boxes
- ✓ Books
- ✓ Keyboard + Mouse



## Adjust the keyboard and mouse to belly-button level



Sit on Pillows



Support the Feet



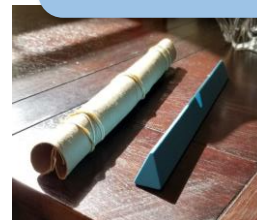
Lower the keyboard & mouse on a lap desk, cutting board or game box



## No keyboard? Angle the laptop at 12° and use a mouse (if available)

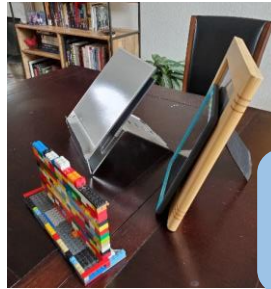


Make a laptop wedge with a paper towel roll and rubber bands or use a 3-ring binder or small book



# Ergonomic Tips for your Remote-Learning Setup

Using a tablet? Prop it up and use a stylus (if available)



Use a book stand, photo frame or homemade Lego stand

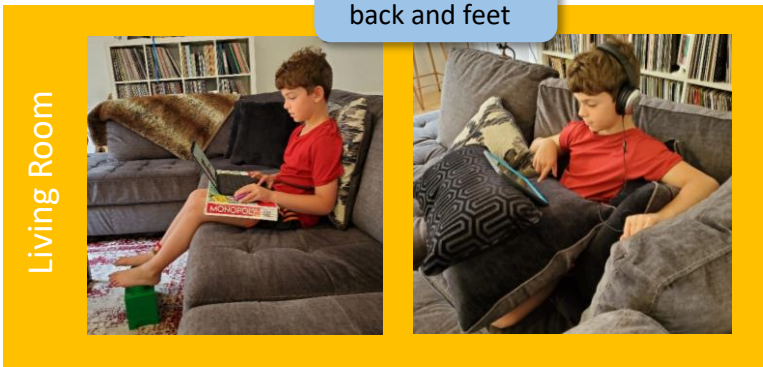
Easy online tutorials to make your own stylus



Try different workspaces for short periods of time

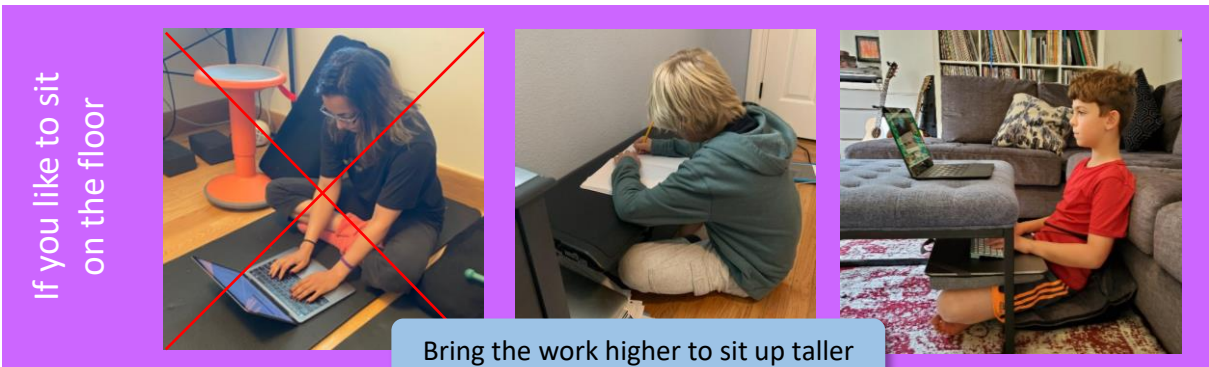


Stand in Kitchen



Living Room

Support the back and feet



If you like to sit on the floor

Bring the work higher to sit up taller

## What else can you do?

- Move your body**, at least hourly – walk the stairs/halls before starting school and between classes/lessons
- Use headphones** – improve focus & avoid craning your head forward to be near the speakers (use safe volume)
- Keep a routine & schedule** – maintain standard meal/snack times and include student input on schedule
- Don't forget about P.E.** – try YouTube™ workouts, GoNoodle™, Just Dance™, online sports training
- Balance out 2D screen time** with 3D work like crafts, art, building/making, card games

These recommendations are evidenced based and validated in professional practice. If you'd like to know more or talk about your individual situation, email Melissa Afterman [melissa@learnergo.com](mailto:melissa@learnergo.com)



- ❑ **Stay organized** – learn how to use email folders to manage your inbox
- ❑ **Maintain good sleep** patterns - use blue light filters and turn off screens at least 1-2 hours before bed

# Ergonomic Tips for your Remote-Learning Setup

## Why is this important?

Most personal technology is designed for mobility, not to fit the human body. Since our hands are not connected to our eyes, there is a mismatch that strains the body.

Screen too low → Bent neck and upper back

Keyboard too high → Shrugged shoulders and bent wrists & fingers

Touch pad on keyboard → Rounded shoulders & bent wrists



**Avoid Tech Neck.** Tech neck is an overuse syndrome involving the head, neck and shoulders, resulting from excessive strain on the spine from looking in a forward and downward position for long periods of time. Symptoms are short and long term, including neck/arm/chest pain, numbness/tingling, hunched back posture.

**PLUS** – You make less mistakes and can get your work done faster when using a good ergonomic setup!



**Can you spot the pain points in these awkward working postures?**



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