



Ergonomic Hacks for WFH

Length: 1hr.

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: During the pandemic, there have been some very innovative home working setups. However, there is also a huge increase in the severity of discomfort that this is causing. The most common issues include neck, shoulder, wrist, and lower back pain. Some simple changes to your setup can radically reduce these issues.

Whether you are sitting on your sofa, your bed, using your dining table and chair, or indeed a garden chair and ironing board (we have seen it all), you will learn tips and tricks to improve the setup. Bring your workstation issues to the session and we will help you solve them, with live demonstrations of how to magically transform your home into a decent workplace (without it turning into an office).

Movement was an unavoidable part of our lives in the past; commuting, walking to the toilet at work, nipping out to grab a coffee or sandwich at lunch, walking the kids to school, rushing from meeting to meeting. Without even knowing it we would walk and move and our working routine would usually be full of natural breaks. But now? We MUST create that movement, and it can feel like a daunting task, but it doesn't have to be.



Content includes:

- Advice on why ergonomics is so critical to home working wellbeing
- Top hacks that you can do to instantly improve your back health
- Useful and important tips for keeping the back, neck, and shoulders flexible and pain-free.
- A short routine, done on a bed or the floor - recommended daily exercise to treat or prevent the build-up of tension in the lower and upper back.

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.