Ergo Tips for Alternative Workstations
Posture is EVERYTHING!

Postures to **AVOID**
All of these postures are harmful to your body. Avoid leaning forward and sitting without back support or with a bent neck!

- The Frankenstein
- The Neck Crane with Jazz Hands
- The T-Rex
- The Turtle
- The Reverse C on the Couch
- The Standing Neck Crane with Jazz Hands
- The Reverse C with Bad Eye Sight and Large Head
- The Hunchback with Bad Eye Sight

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Short Term Posture - Sitting
These sitting positions should only be used for 30 minutes or less.

Achieving Optimal Posture on the Couch
- Pillows placed behind the back provide lumbar and upper back support.
- The upper arms hang relaxed by the sides of the torso.
- A pillow placed on the lap elevates the laptop slightly – this improves wrist position (and slightly improves monitor height.)

Working on Your Posture at the Dining Room Table
- Placing pillows on the seat will place the laptop keyboard at the correct level (elbow height).
- Using the eyes and not the neck to look down, balances the head over the shoulders.
- The hands are in the correct position but, the monitor is still much too low. This posture is only safe for short periods of time!
**Short Term Posture - Standing**
These standing positions should only be used for 30 minutes or less.

**Using Boxes, Books, and an External Keyboard**
The standing workstation is modified to an ideal set-up for this worker by the use of some simple props and an external keyboard and mouse.
- A large box or microwave and a few books raise the height of the laptop. The goal here is to get the laptop screen (monitor) to the correct height for a balanced head posture (eyes aligned with top of screen).
- An external keyboard/mouse is placed on a book to improve the height of the work-surface (elbow height).

Tip: Wear supportive shoes when standing.

Boxes, books, and a microwave elevate the laptop to eye level.

Input devices are at elbow height.

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**Long Term Posture - Sitting**
These sitting positions can be used for working longer than 30 minutes.

**Separate the keyboard, mouse, and screen:**
- **Laptops are NOT designed for prolonged use!**
- The keyboard must be separated from the screen for an ergonomic workstation.
  - HDMI cable - Connects laptop to external TV/Monitor (Use laptop for input devices)
  - External Keyboard/Mouse
- Use cushions or pillows for lower and upper back support
- Feet are flat on the floor or on a footrest

Use a towel as additional support for lower back.

Cushions, towels, and pillows are used as an additional support and raise you to proper seating height.

Input devices are at elbow height.

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Connecting to a screen that is at eye level.