

HOW TO PROTECT YOUR BODY WHILE LEARNING AT HOME



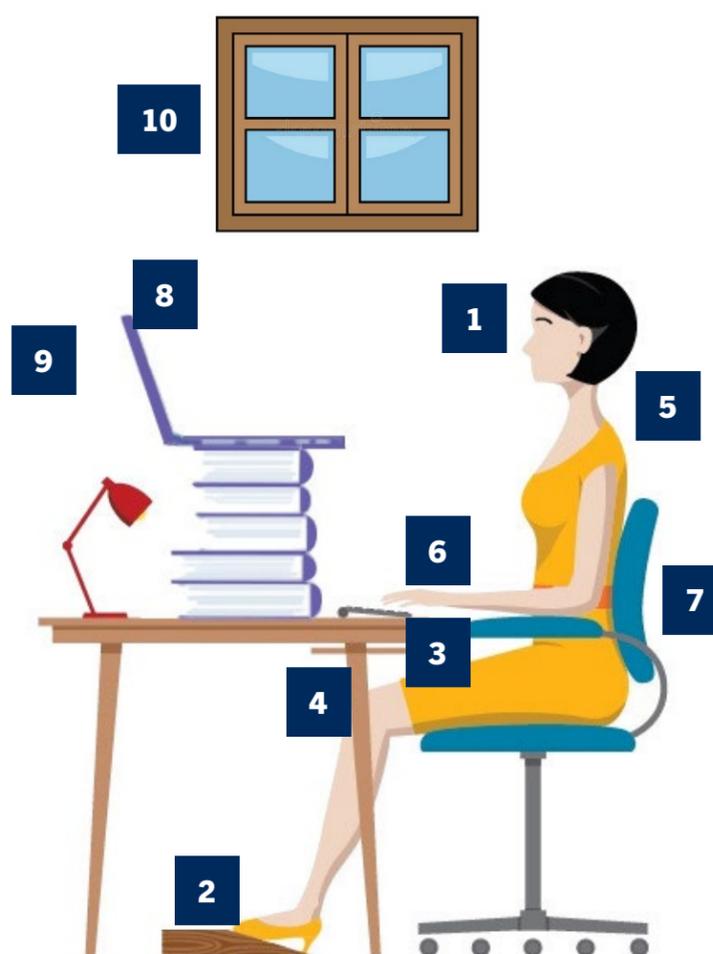
A Brief Student Guide to Ergonomics

Sitting for hours to study? Hunched over your laptop? Feeling neck and back pain? Being a student can be hard on your body. Protect yourself from injury by following these tips.

1 - SET UP YOUR ENVIRONMENT

Not everyone has an official workspace at home. Some people work at their kitchen table, in bed or on the couch. Use the following diagram as a **guide** to make the workspace you have as comfortable and safe as possible.

1. Eyes in line with top of screen
2. Feet flat, firmly on the floor or a footrest
3. Thighs parallel to the ground
4. Knees bent to about 90 degrees
5. Shoulders relaxed with elbows at your side, bent to about 90 degrees
6. Wrists straight
7. Natural curve of your back is supported by the chair
8. Screen one arm's length away
9. Blank wall or uncluttered space behind screen
10. Light source from above or the side to avoid glare



2 - WATCH YOUR POSTURE

The best posture is:

- with your **head straight** (eyes in line with top of screen)
- **shoulders relaxed and elbows at your sides**
- **feet flat on the floor or footrest.** You may need an external keyboard or mouse to achieve this position.

3 - MOVE YOUR BODY

- Even if your setup is perfect, your body is made to **move!** Take frequent vision and movement breaks to prevent eye fatigue and sore muscles.
- **20/20/20 Rule:** After every 20 minutes of work, look at an object that is 20 feet away for a full 20 seconds. Set a timer or download a web-based app like [eyeCare](#) or [Healthy Browsing](#) to help you remember.
- Try a [MoveU Movement Break](#) here.

Learn more:

[Canadian 24-Hour Movement Guidelines for Adults 18-64](#)

[Occupational Safety and Health Ergonomics Fact Sheets](#)

[U of T Accessibility Services](#)

[U of T Health & Wellness](#)