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.

Blank wall or uncluttered space behind screen
Screen one arm’s length away
Eyes in line with top of screen
Shoulders relaxed with elbows at your side, bent to about 90 degrees
Natural curve of your back is supported by the chair
Thighs parallel to the ground

Light source from above or the side to avoid glare
Wrists straight

Knees bent to about 90 degrees

Feet flat, firmly on the floor or a footrest

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 and 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 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