Tips for working from home
- **Sitting at Desk**
   - Grand Valley State University. (n.d.). Retrieved from
      https://www.gvsu.edu/officeergonomics/posture-2.htm
    - Proper posture while sitting at a desk for long periods of time is important in order to reduce stress on bones, muscles, and tendons, and to prevent neck and back pain.
        - Feet should lay flat on the floor, and thighs parallel to the floor.
        - The desk or table surface should be about 2 inches above the elbow, when the elbow is flexed at the side.
        - Shoulders should be relaxed, and elbows should be bent at 90 degrees.
        - Hands and wrists should be bent slightly.


The top of your screen should be at eye level

Make sure you relax your shoulders

The chair should completely support your thighs

Your forearms should be parallel to the floor

Your legs should be bent in a 90- to 110-degree angle

The chair should have a backrest that supports your lower back

Your feet should be flat on the floor

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    - https://images.app.goo.gl/Gm5QrafVzbMy4ud77
- **Home Stretches**
    - Canadian Centre for Occupational Health. (2020, April 15). Stretching - At the Workstation : OSH Answers. Retrieved from
      https://www.ccohs.ca/oshanswers/ergonomics/office/stretching.html
    - Hand and forearm stretches
        - Start with your arm at your side, then bend at your elbow so your hand is facing up. Make a fist, with your thumb out. Then slide your fingers down your palm towards your wrist. You should feel a stretch, but you should not force fingers farther with your other hand.
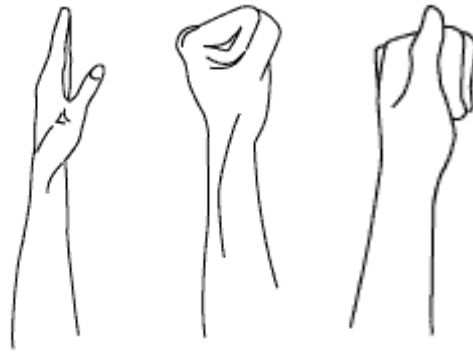
- ■ Sit at a table with your palms together and your elbows resting on the table. Keep your palms together, and lower your wrists onto the table to feel the stretch.
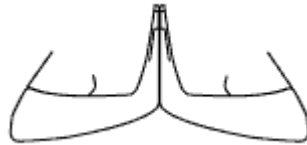
- ○ Neck and Shoulder Stretches
  - ■ Shoulder shrug: Sit in a chair with your arms down at your side. Raise your shoulders up towards your ears so you feel a stretch in your neck and shoulders. Hold this position for 3-5 seconds, then relax and repeat.
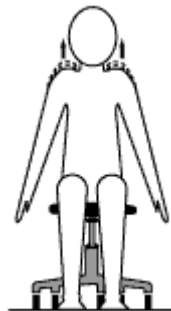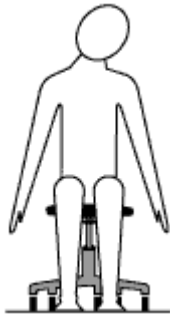
  - ■ Shoulder Roll: Roll your shoulders in a circular motion 5 times backwards, then forwards.

- ■ Neck Relaxer: Move your head to the left side so your left ear is moving towards the shoulder, then repeat on the right side. Then, slowly bring your head towards your chest, and move your head to the right and left.

- ○ Chest Stretch
  - ■ Lace your fingers together and place your hands behind your neck. Bring your elbows out and squeeze your shoulder blades together, to feel a stretch.

- ○ Back Stretches
  - ■ Back/Side stretch: Lace your fingers together and raise arms above your head, with your elbows straight. Slowly lean to either side, then bring your arms back to stretch.

https://www.ccohs.ca/oshanswers/ergonomics/office/stretching.html
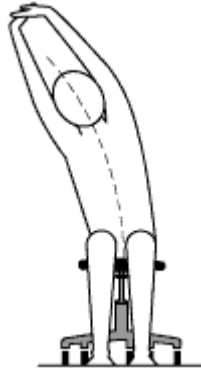
Blue Light

Should You Use Night Mode to Reduce Blue Light? (2019, September 7). Retrieved from
https://www.aao.org/eye-health/tips-prevention/should-you-use-night-mode-to-reduce-blue-light

- Telehealth is resulting in an increased amount of time spent on computers and iphones. With the additional time on these devices, that increases the amount of time exposed to blue light. People are exposed to blue light through the sun and through electronic devices, and in moderation it can help maintain mental performance.
- There is no evidence that this light causes damage to the eye. However, if one is experiencing discomfort in their eyes, it may be due to digital eye strain.
    - Tips to help with digital eye strain
        - Blink: When focusing on screens, people tend to blink less often.
        - Try artificial tears if your eyes are dry
        - 20-20-20: The AAO recommends that every 20 minutes, shift your gaze to an object 20 feet away for 20 seconds.
        - Adjust the brightness on computer and phone screens
- Studies have shown that blue light affects the circadian rhythm of the body, and one's natural sleep-wake cycle. According to the American Academy of Ophthalmology, limiting screen time and using 'night mode' on devices, especially in the evening, can work to regulate this cycle.
- How to limit blue light exposure
    Usar Night Shift en el Mac. (n.d.). Retrieved from https://support.apple.com/es-us/guide/mac-help/mchl97bc676d/mac
    - On an iPhone or iPad: Turn on Night Mode
        - Go to 'Settings'
        - Then press 'Display and Brightness'
        - Finally 'Night Mode'
    - On a Mac
        - Click the Apple icon in the top-left corner of your screen.
        - Select "System Preferences."
        - Click "Displays."
        - Toggle over to the "Night Shift" section.

- Check the box next to "**Turn** On Until Tomorrow" to **turn** it on; or you can set up a schedule by clicking into the dropdown next to "Schedule.

  ■ On a Windows 10

  Clark, B. (2017, February 20). How to Eliminate Blue Light with Windows 10 Night Light. Retrieved from https://www.laptopmag.com/articles/enable-windows-10-night-light

  - Go to the Start Menu
  - Open the Start Menu.
  - Click the gear icon to bring up the Settings Menu.
  - Choose System.
  - Select Display.
  - Toggle the Night **light** switch to On.
  - Click Night **light** settings to **adjust** the level of **blue** displayed, or determine the time for Night **Light** to **activate** automatically.

Canadian Centre for Occupational Health. (2020, April 15). Stretching - At the Workstation : OSH Answers. Retrieved from https://www.ccohs.ca/oshanswers/ergonomics/office/stretching.html

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