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TIPS To Work From Home Like A Pro

There are real benefits to working at home but there are challenges to overcome.

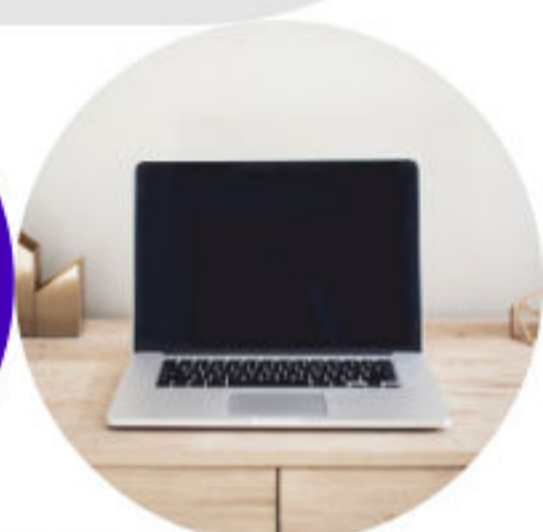
Here are some top tips from Park Street's team to make your work-from-home experience as productive and as comfortable as possible

1



Keep your eyes at screen level

Making sure your eyes are screen level reduces the strain on the neck and upper back - either raise the screen by placing an object underneath (i.e. a book) or lower/raise your chair (i.e. add a pillow)



2



Schedule time for exercise and breaks

Regular exercise reduces stress and eases aches and pains, so don't let it take a back seat when you are working from home.

Every 10-20 minutes take a mini break - move around. Important for those with less ideal work from home setups!

3



Maintain a good posture

We have all been there - after 10-20 minutes we find ourselves slouching - thinking about sitting in an upright posture has been shown to be helpful - catch yourself as your posture starts to slip!

Try a towel or pillow in the arch of your lower back for added support

4



Don't forget about your wrists/forearms

Don't forget that your laptop keyboard is raised! Use a separate keyboard to keep your wrists straight or place a mat or book underneath to keep them level with the keyboard and take the unnecessary strain off



Before you start work make sure to have your home work station properly setup

5



Avoid tech neck

Bring your phone to your eyes instead of looking down! Consider screen mirroring your phone to a larger screen and using headphones during work calls

6



Set ground rules with people in your space

If you have family members who are home while you are still working, give them clear rules about what they can and cannot do during your work hours. If you have young children - take turns looking after them to boost your partners productivity



7



Be virtually connected

Social distancing and self isolation doesn't mean you can't talk to the world. Stay connected using tools like Slack and Zoom to chat with workmates, and use programs like Google Drive to collaborate with remote colleagues.

