

# Healthy **SPINE** HEALTHY **MIND**

## ERGONOMIC CHECKLIST

### FOR FAMILIES

**A family's guide to maintaining ergonomic desk and computer workspaces to maintain spinal health and minimise the risk of tech neck.**

Good posture, taking regular breaks to move and stretch, combined with exercise can help minimise tech neck caused from using mobile phones, tablets or computers incorrectly.

#### Top tips for an ergonomic computer set up



**"P" is for Posture** – Good posture when sitting at a desk can help strengthen the spine.



**"S" is for Spine** – To maintain a healthy spine always sit and stand comfortably tall with upright posture.



**"E" is for Ergonomics** – Use an **adjustable ergonomic desk chair** that allows the knees to be slightly lower than the hips.



Sit with an **upright posture**, with shoulders relaxed and feet flat on the floor.



Adjust the **monitor height to eye level**. Position the monitor at arm's length from where seated.



Consider investing in a **sit-stand desk** to reduce spinal strain.



**Take regular movement breaks** every 30 minutes to look away from the device and move the neck from side to side.



**Exercise regularly** to maintain a healthy spine and overall health and wellbeing.



**Unnecessary screen time** (tablets, smartphones, computers) should be reduced with recreational screentime limited to no more than two hours per day while encouraging children to exercise and play to help maintain a healthy spine.

