

# Working from Home Or The Kitchen Table

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[www.posturepeople.co.uk](http://www.posturepeople.co.uk)  
0330 332 0880



# Who are we?

Posture People work with a variety of clients to improve their workspaces.

During lockdown we have been consulting on how to improve home working set ups and how companies can best support their staff at home

## What do we do?

- Online Self assessments
- Virtual assessments
- Face to face assessments
- Supply products that help



# Who am I?

## Jo Blood

- Over 15 years in assessing people's workstations
- Advanced DSE assessor
- 1000's of workstations, and every shape and size of person going
- Understanding of a wide range of disabilities and their effects on how to work



# The latest advice for homeworkers

- For those people who are working at home on a long-term basis, the risks associated with [using display screen equipment \(DSE\)](#) must be controlled. This includes them doing workstation assessments at home.
- There is no increased risk from DSE work for those working at home temporarily. So in that situation employers do not need to ask them to carry out home workstation assessments.
- However, employers should provide workers with advice on completing their own basic assessment at home.



# Working from home options?

Broadly 4 choices



# Working on the bed – can you work safely?



# What can help

- Nothing !
- If a member of staff is working on their bed
- They need to be prioritised as coming back into the office





# Working on the Sofa - 3 types



Sloucher



Leaner



Percher

The reality is this should be a temporary solution – if someone is working like this 5 days a week they should be prioritised back into the office



# What can help

- Sitting wedges
- Back support
- Laptop tray tables



# Working on the Kitchen Table



## Key points to remember

- Kitchen table is 3 cm higher than a standard desk
- Kitchen chair have no height adjustment
- Tables can have thick tops or ledges underneath
- Central bars that can get in the way

# Postures that are often adopted



Sitting too low



Using laptop flat on the surface



Leaning into the screen



Perching on the edge of the chair

# Sitting too low



## Key points to remember

- Ask if the person's elbows are below the table
- Are the hips below knees

## Correct position

- Elbows and forearms inline with the surface of the table
- Feet supported – people may need to use a footrest



# Quick solutions

- Cushions to increase height when sitting on a kitchen chair
- Books / paper as a temporary footrest



# Long term solutions

- A height adjustable chair
- Sitting wedges



# Using laptop flat on the surface



## Key points to remember

- Screen needs to be higher up
- Must have a separate keyboard and mouse
- Don't stretch for the keyboard and mouse
- Quick Hack
- Book under the laptop stand to increase the height of screen





# What can help – long term

- A proper monitor
- Folding laptop stands
- Height adjustable laptop stands





# Leaning into the screen



## Key points to remember

- If people are getting a lot of neck pain or upper back pain – check screen distance
- They should be able to touch their screen from where they are sitting



# Perching on the edge of the chair



## Key points to remember

- Find out why, is it habit
- The shorter the person the more likely they are to perch
- Seat is too deep for them to sit back comfortably
- Quick Hack
- Cushions behind them to provide back support



# Standing desk tips



## Key points to remember

- The perfect height for a standing desk is the same height as your elbow
- Ironing boards won't work

# Final Tip

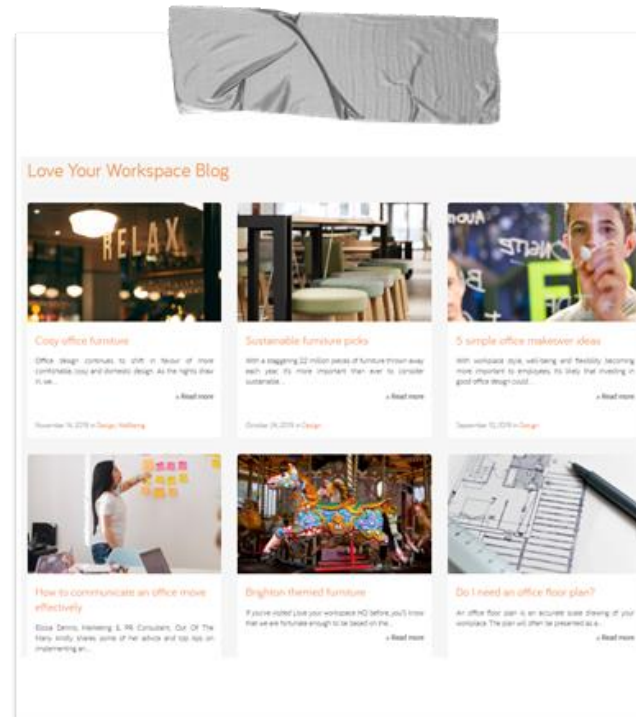
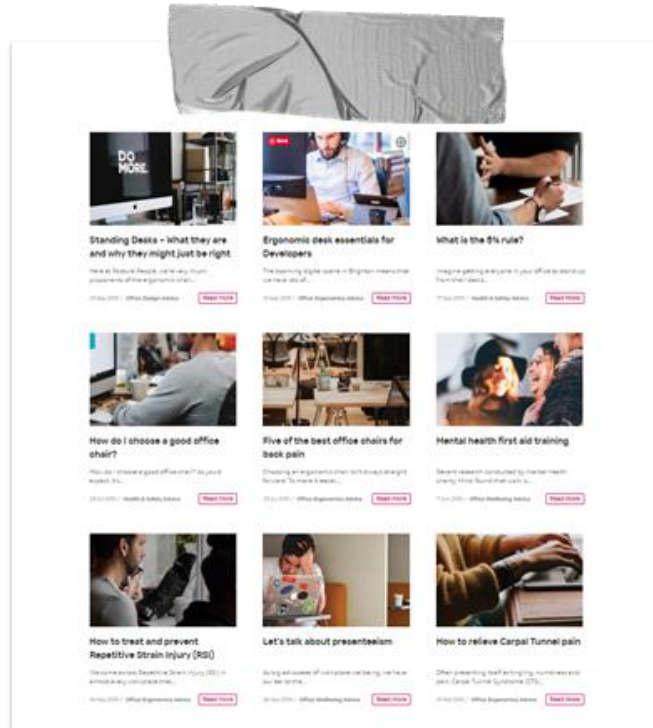


Get people to move more!

If it hurts when they move –  
they've left it too long

Kitchen timer on the other side of  
the room which they have to get  
up to turn off

# Further resources



## Get in touch



Posture People Ltd  
4 Quayside House  
Basin Road South  
Hove BN41 1WF



0330 332 0880



[www.posturepeople.co.uk](http://www.posturepeople.co.uk)



[enquiries@posturepeople.co.uk](mailto:enquiries@posturepeople.co.uk)

