

workspace dreams

ERGONOMICS



Take a moment to check how you're sitting.

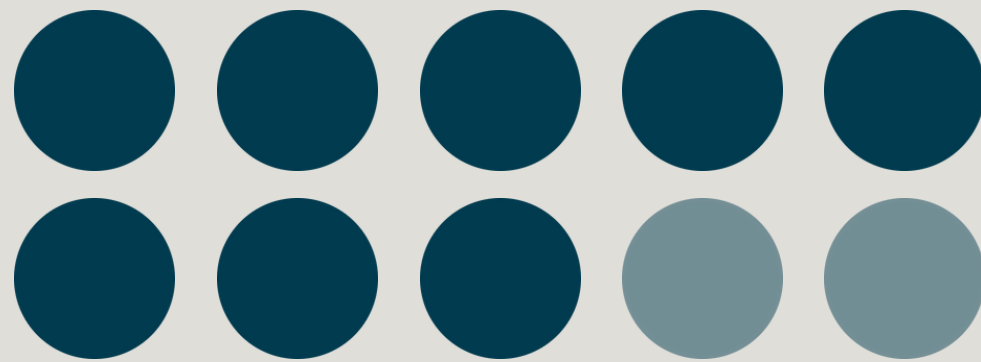
How does your body feel while you're working?

Be honest—do you deal with lower back pain, stiff joints,
or a sore neck?

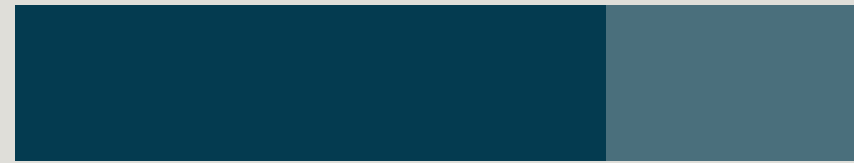
Is working from your bed starting to take a toll?
The reality is, our bodies weren't designed to sit for hours
on end. Yet with remote work on the rise, that's exactly
what many of us are doing more than ever.



Over 50% of remote workers have reported experiencing new or worsening back and joint pain since they started working from home.



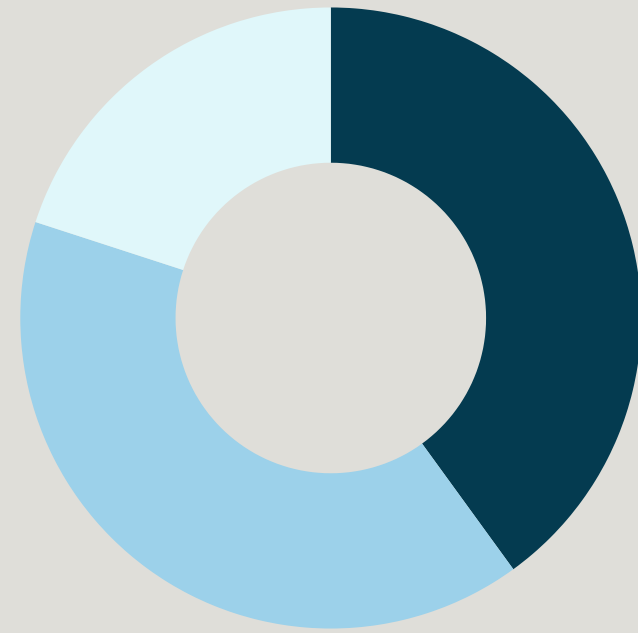
8 in 10 workers will deal with back pain at some point during their careers—it's one of the most common workplace-related health issues.



70% of computer users experience at least one symptom of digital eye strain or Computer Vision Syndrome—ranging from dry eyes and headaches to blurred vision and fatigue.

↑ **\$100B**

Over the past decade, medical expenses for low-back pain in the U.S. have topped \$100 billion annually, highlighting the massive impact this issue has on both individuals and the healthcare system.



Work-related musculoskeletal disorders (WMSDs) affect 40–80% of frequent computer users, making them one of the most common occupational health issues in today's digital work environment.

Why we feel what we feel

01 Our Mindset

It's in our nature to chase short-term comfort over long-term well-being. That's why we often wait until we're in pain to take action—reacting to discomfort instead of preventing it in the first place.

02 Our Environment

Our homes have become our offices, but they weren't built for the demands of daily work. Most setups lack the support our bodies need, and few of us have been taught how to optimize our workspace—no matter what it looks like today.

There is a better way

The Good News? It Doesn't Have to Be This Way.
Finding your work-body balance is simpler than you think, all it takes is following a few key ergonomic principles.

By being proactive about your well-being, you can make a real, measurable difference—not just in how you feel during the workday, but in how you perform too.



Ergonomic Assessment

So, where do you begin? Right here. We'll walk you through the healthiest postures for sitting and standing while working, along with practical tips you can apply—regardless of what your workspace looks like. Let's dive in.



Screen Setup

Let's start with the one thing you probably stare at all day: your screen.

Position it so that your eyes are level with the top third of the display. You can use a monitor arm or get creative with a stack of books—anything to raise the screen and avoid that downward neck tilt. Look with your eyes, not your neck.

For eye comfort, place your screen about an arm's length away. And follow the 20-20-20 Rule: every 20 minutes, look at something 20 feet away for 20 seconds. It helps your eyes reset and reduces digital strain.



Head & Shoulders

Imagine a seal balancing a ball on its nose—that's your head resting on your spine. Keep your head aligned with your torso's centerline to avoid overworking your neck muscles.

Your shoulders should be relaxed, not raised. If your chair has armrests, adjust them to align with your elbows. If they're too high, your shoulders will bear the strain.



Arms

Your upper arms should hang naturally by your sides, with your forearms parallel to the floor. Aim for your elbows to bend between 90 and 120 degrees, supported by armrests or the desk itself.

If your chair doesn't have armrests, bring it closer to your desk and rest your arms directly on the surface.



Wrist

While typing or using your mouse, keep your wrists in a neutral, flat position.

Your keyboard should sit at or slightly below elbow height. Avoid letting your wrists bend too far up or down, this helps prevent long-term strain and repetitive stress injuries.



Accessories

Keep your tools—keyboard, mouse, notepad—within easy reach. This minimizes the need to stretch and helps your arms stay in a relaxed position.

If you're using a laptop, consider external accessories. A separate keyboard and mouse will allow you to elevate your screen for better posture while keeping your hands comfortably positioned.



Lumbar Support

Support your lower back to maintain the natural S-curve of your spine. Your chair should have lumbar support—or you can use a rolled-up towel or cushion behind your lower back.

Lean into the backrest to share the load. And remember: no matter how perfect your posture is, staying in one position too long is never healthy.



Lower Body

Sit with your hips back in the chair and knees bent at 90 degrees or more. Ideally, your hips should be level with or slightly above your knees.

There should be about 2 inches of space between the back of your knees and the front edge of the seat. A chair that's too long or short can lead to pressure and discomfort in your legs.



Feet

Your feet should rest flat on the floor—not dangling or perched on the chair base. If your feet don't reach the floor, use a footrest or a stack of books to support them. This improves circulation and helps prevent leg fatigue.



Movement Matters

Sitting all day is harmful. Standing all day isn't the solution either. What your body needs is movement and variety.

Aim to stand for 15–30 minutes every hour. No standing desk?

No problem. Use a counter or any stable surface at elbow height. For phone calls or virtual meetings, walk around while talking. Small, consistent movements go a long way.



Don't Skip Breaks

Breaks are essential—not a luxury. Skipping them can lead to burnout, reduced focus, and lower productivity.

Taking short, regular breaks supports creativity, cognitive recovery, and mental clarity. Block out break time on your calendar, and treat it as non-negotiable.

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