

Reducing MusculoSkeletal Disorders (MSDs) in Computer Users at Home

If you are working from home using your computer for work or leisure, have you thought about how comfortable you are?

Do you regularly get up from your seat feeling stiffness in your neck and shoulders, maybe a little ache in your elbow or a cramping in your wrists and hands? Do your eyes feel dry and sore and is your lower back troubling?

If the answer to these questions is **YES!** then maybe it's time to look at changing or altering your equipment to improve your working posture.

Employers have a duty of care to their home workers and are required by law to provide training in how to set up workstations at home.

A good resource to use is the HSE website (Health and Safety Executive):

www.hse.gov.uk

If you need more expert advice please talk to one of our experienced Occupational Physiotherapists at the clinic. We are able to provide advice about work-related disorders and ergonomic assessments at home.