

Improve Neck Posture

Ergonomic Tips for Your Home Office

Alleviate discomfort by changing bad habits and redesigning your workspace to encourage well-aligned posture. Use these tips to find a neutral posture.

WORKSTATIONS



Head Positioning

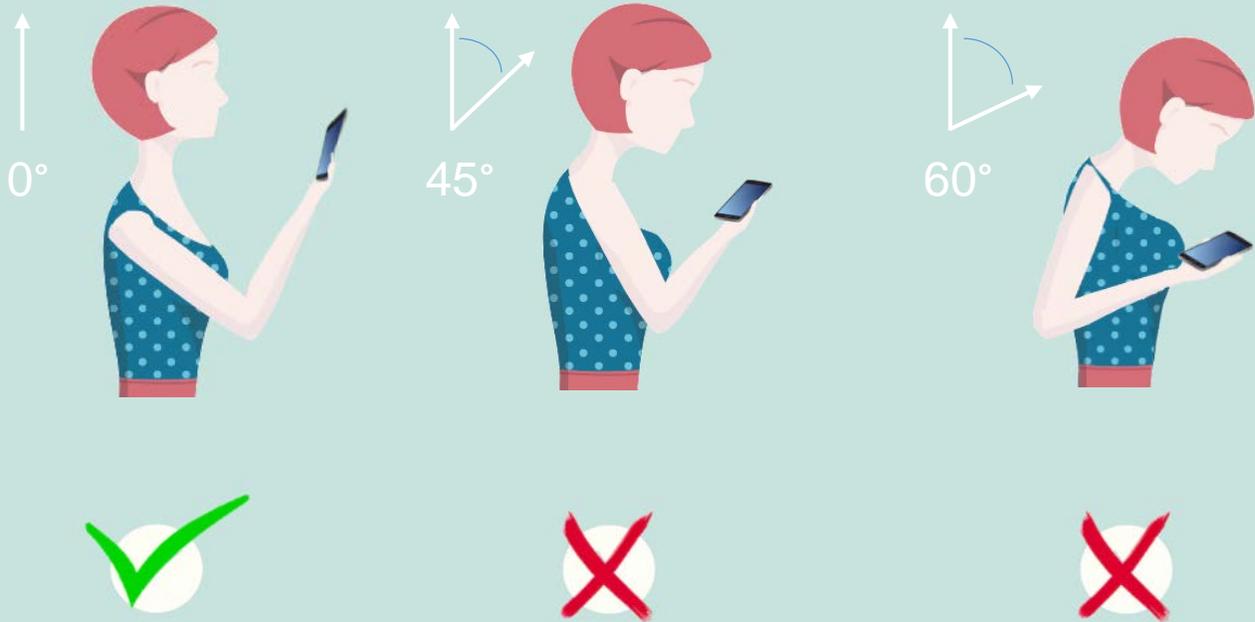
- ✓ Align your ears naturally in line with your shoulders and point your nose straight ahead when looking at a screen. If your nose is pointing downward, raise the screen.
- ✓ Posture follows vision — The monitor should be placed directly in front of you!

Workstation Area

- ✓ Add an external keyboard and mouse on your work surface to position your shoulders and elbows by your sides (90° to 110° elbow angle) and your forearms, wrists, and hands straight in front of you.
- ✓ Bifocal and progressive lens wearers may need to lower their screens to accommodate the reading lens in their glasses. Remember, if your nose is pointing upward, lower your screen.
- ✓ Use headsets or speakerphone to avoid awkward neck postures when multitasking between phone and computer tasks.

Movement Matters

- ✓ Change your posture at least 5-10 minutes every hour.
- ✓ Take breaks, stretch and hydrate regularly.
- ✓ Remember 20-20-20 for eyes: Look away every 20 minutes at least 20 feet for at least 20 seconds.



Your head weighs, on average 10-12 pounds at 0°. At a 45° angle, you add around 50 pounds of pressure; at 60°, you add 60 pounds of pressure. Now take into account that you could spend hours a day staring at your phone and it adds up to high stress on your neck muscles.

Handling Handheld Devices

- ✓ Hold the device at eye level if possible. This minimizes the bend in the neck and maintains optimal spine posture. If your device is below eye level, look down with your eyes rather than your neck.
- ✓ Use speaker functions or headsets to keep head and neck at neutral posture when multi-tasking with the phone.
- ✓ Limit your device time. Take breaks to move/stretch your neck and back.
- ✓ Avoid texting and walking and NEVER text while driving.

Check out More Ergonomic Resources!

- ✓ [Back Support Tips](#)
- ✓ [Remote Ergonomic Assessments](#)
- ✓ [Home Ergonomic Setup Tips](#)

Contact ehsergo@ucsd.edu for more information or assistance.

Do You Have Tech Neck?

“Tech neck” generally refers to neck pain and discomfort that comes from using your phone too much and incorrectly. People with tech neck could have issues like neck pain, headaches, pain that radiates out to their shoulders, and numbness or tingling in fingers.