

Webinar on Ergonomics Recommendations for Work from Home -Ways to Work Pain free !

Bombay Chamber of Commerce & Industry Jointly with Godrej Interio organised a Webinar on **Ergonomics Recommendations for Work from Home -Ways to Work Pain free** on **January 13, 2021**. Ms. Aneeha Neeraja Rajan, Assistant Manager, Bombay Chamber welcomed speakers and delegates. She briefed about the Bombay Chamber and explained the objectives of the webinar.

Dr Reena L Valecha, Principal Ergonomic Consultant, Godrej Interio started the session by speaking about benefits and challenges of working from home scenario. Benefits of working from home helps in saving commute time, getting more family time, flexibility etc and challenges are like distractions, less motivation, extra work hours ,extra household duties, back pain, mental health as you work isolated etc. She also stated that more than 33% of the people working from home do not have formal work set up, 36% have little or no exercise and 23% tend to work longer hours while at home which leads to more than 41% of the people experience pain like headache, neck pain, lower & upper back pain, shoulder pain, eye strain etc. Further she gave guideline to improve overall comfort while working from home.

1. Organise your home and day for work

- Follow a Schedule
- Say no to distractions
- Stay in touch with people

2. Follow a healthy work from home lifestyle

- Avoid junk food
- Make a mealtime schedule
- Don't overdose on caffeine
- Regular workout

3. Posture care

- **Office table- chair arrangements & dining table sitting arrangements** - Adap neutral sitting posture ie. lebow, hip joint and knee joint keeping well supported in. 90- 90 -90 angle, feet palace on floor, neck straight etc (dining table arrangement), Focus on maintaining neutral pelvic alignment, Take posture break after 30 minutes for minimum 30 seconds to 2 minutes, Accessorize your laptop etc.
- **Casual Postures (Sitting on sofa, on bed or on floor and working)** - Adopting casual posture at home is ok to relax or take a break but need to make sure that you alternate your posture after every 15 minutes and get back to your neutral sitting posture to support your hip and spine.
- **Standing and working** - One can use storage cabinet as a standing workstation at home

Ms. Reena also explained 4 things to keep in mind working ie.

1. Define your workstation
2. Create time for Activity
3. Routine is good
4. Take time to Meditate

At the end she took a live yonomics session with all delegates and demonstrated all the postures and how to take various stretch brakes. The webinar was very useful and interactive. At the end Ms. Aneeha Neeraja Rajan delivered a vote of thanks to speaker and all delegates.