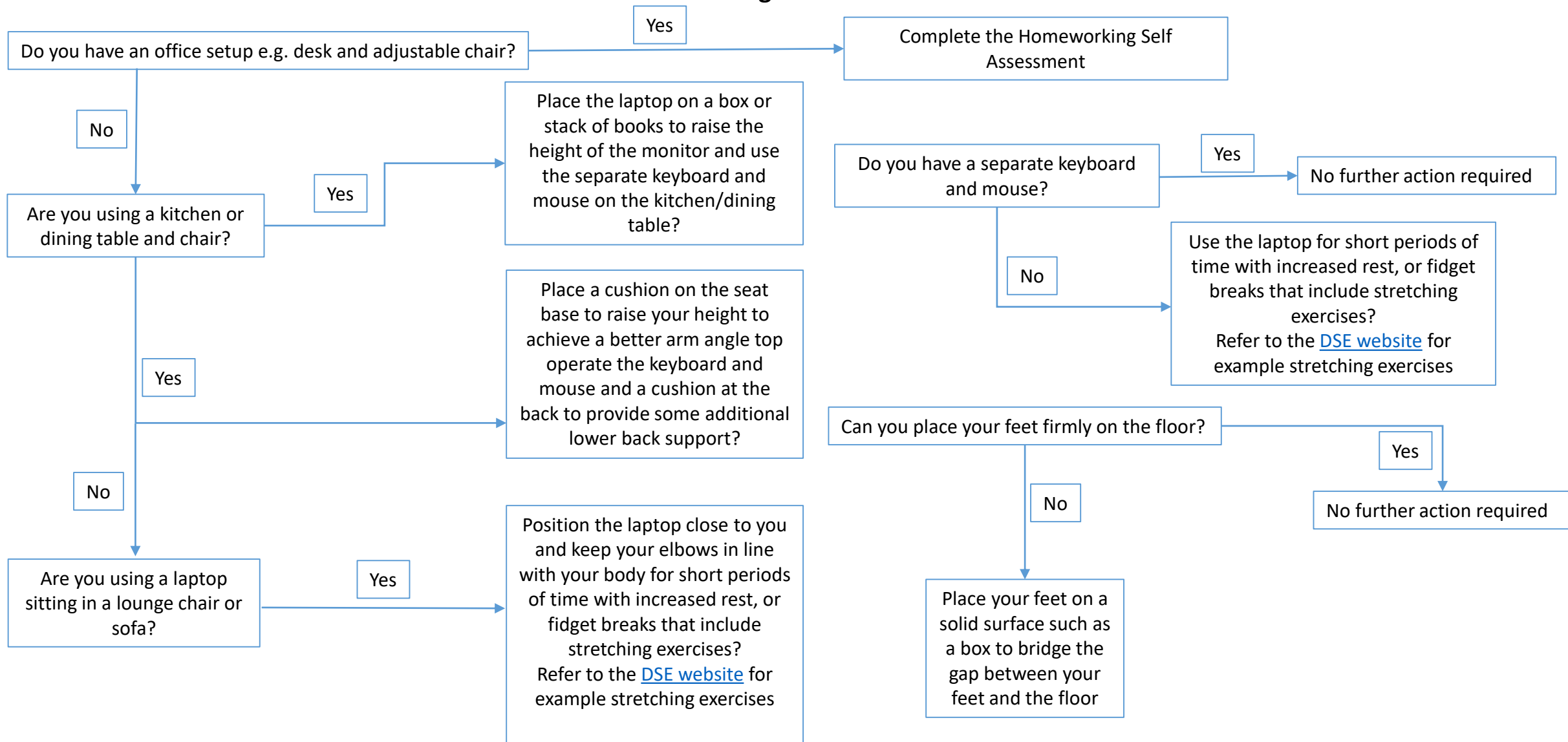


## Homeworking Advice



### Standing Options:

If alternating between sitting and standing is preferred consider the following:

Option 1: Placing your laptop and equipment on a kitchen worktop with risers as needed to create a right angle at the elbow to operate the keyboard and mouse

Option 2: Place your laptop and mouse on an ironing board with risers as needed to create a right angle at the elbow to operate the keyboard and mouse