

Sitting pretty on the patio

The arrival of various fauna, flora and green buds popping all over the garden indicates the season is changing and with summer around the corner – the outdoor is calling.

Not a bad idea to grab your laptop and head for the pool area to enjoy the fresh air and sun. Or even the terrace lawn overlooking the beach. That sounds inviting... very inviting indeed after being stuffed inside four walls on a daily base during months of winter which feels like... well – forever!

No one can explain why spending time outdoors has major benefits to our health on many levels and the inspirational value of working in a fresh relaxing environment cannot be faulted at all. Although ergonomics may not be the main priority when it comes to outdoor furniture, we



should understand the importance of products designed to optimize them for human safety, health and comfort.

You may decide to make yourself comfortable on the patio chairs or on the edge of the pool or picnic style on

the lawn. As the triangular shadow on the sundial moves along, some part (or parts) of your anatomy may sooner than later indicate that the chairs on the terrace are not that great for glamping.





A few points to consider with the new outdoor “office territory”.

- Working on any device outdoors, chances are you may need to find a shaded spot to be able to read text without straining your eyes. Some current devices include “indoor/outdoor” technology visibility displays and if the sun is bright, you may have to bump up the brightness which will eat away at your battery life and may not even be all that legible.
- Lift your eyes away from the screen and focus on something in the distance every 10 to 15 minutes for 20 seconds. It reduces eye strain and relaxes your eyes back to their normal shape. Don't forget to blink.
- Keep your device at a level that does not strain your neck or shoulder muscles and make sure that it is comfortable to type. This is normally at arm's length.
- Make an effort not to place your laptop directly on your knees / open skin as

the hot air escaping below over a period of time may create a reaction similar to a rash.

- Do stretch your arms, neck and legs regularly while working. This a great habit and helps to maintain your healthy awareness for circulation.
- Keep your posture in check. Avoid crouching with your back in a compromising position. Back problems are big problems and can hamper your lifestyle on a permanent level once damaged.
- Remember to take mini breaks every hour or two to ensure your blood circulation is good by actually getting out of the working position and work around the pool or umbrella you sit under. Consider extra pillows to sit on if needed.
- If you are planning to bare some skin and sit in the sun, do remember the sunblock cream – even on the cloudy day.

Should you ever be in the area and feel like kicking your shoes off, you are welcome to come sit at the Garden Boutique (Johannesburg North) and enjoy the greenery. dw

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