

WORKING FROM HOME

Ergonomics at a home workstation can be very challenging.

Here are some tips to help you achieve a proper set up:

- Follow same principles as an “at work” workstation
 - Adjust chair height to ensure elbows are relaxed at your side at 90 degrees
 - Bring keyboard and mouse close to your body
 - Adjust monitor height to keep it at eye level
- This is much easier to accomplish at work with adjustable chairs and desktop computers, but some form of this is achievable at home as well:
 - Designate a “work area” at home
 - Try to use the above principles to design a proper work area
 - Avoid using the couch as a work chair, a kitchen table chair is a good option if you don’t have a computer chair at home
 - Use small throw pillows as lumbar support to make your chair more comfortable
 - If using a laptop, purchasing a wireless keyboard and mouse can free up the connection to your laptop, this will allow you to adjust the height of the monitor like you would using a desktop at the office
 - If you are able, find a tall counter to turn into a standing desk to mix it up
 - Get up and take breaks periodically
- Try to visualize your “office” as just that, this will help give you a mental separation from the rest of your home
- Everything mentioned above is easier said than done; however, if you start making small changes you may notice some big differences in posture and overall health
- Send me a message if you need some help!



Simple Laptop Ergonomic Setup

