

# BEST PRACTICES FOR ERGONOMICS AT HOME

Working from home may be more frequent in our future. We can prepare by making sure we have the basics built into our at-home workstation. Ultimately, Ergonomics is about adjusting your workspace to fit your needs, not adjusting yourself to fit your workspace.



## Task Chair

- 1 Rated for the hours you are in it.
- 2 Make sure you have the basics: adjustable arms & seat slider.
- 3 You get what you pay for; a good one will come with a warranty and last you a decade at least.



## Sit-to-Stand Desk

- 1 Begin standing in sessions that last 15 minutes or less and slowly increase standing time.
- 2 Not just for standing; always an option to make surface lower or higher depending on your height. It is more about movement throughout the day, rather than standing or sitting!
- 3 Life Hack: flip over a laundry basket or use a sturdy cardboard box.
- 4 Proximity is important: make sure everything you need is within reach



## Monitor Height

- 1 Should be staring straight ahead, not looking slightly up or down.
- 2 Monitor Arms: ability to move your monitors to the exact height needed whether standing or sitting.
- 3 Life Hack: Use a stack of books or computer paper



## Promote Wellness

- 1 Take adequate breaks.
- 2 Bring light and air into the space.
- 3 Reduce stress with Biophilia

