



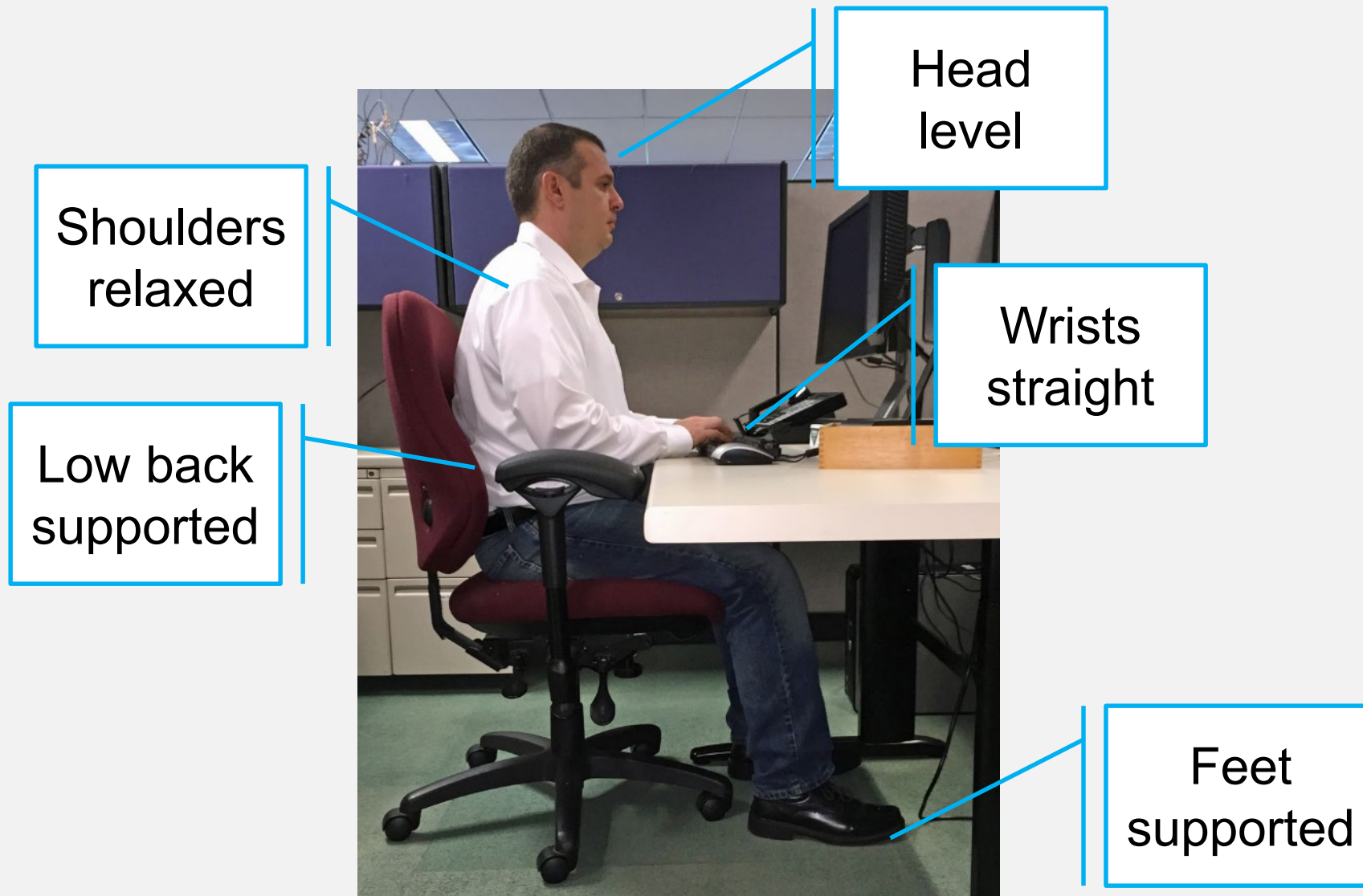
## **Ergonomics for teleworkers**

*Getting comfortable in your home office*

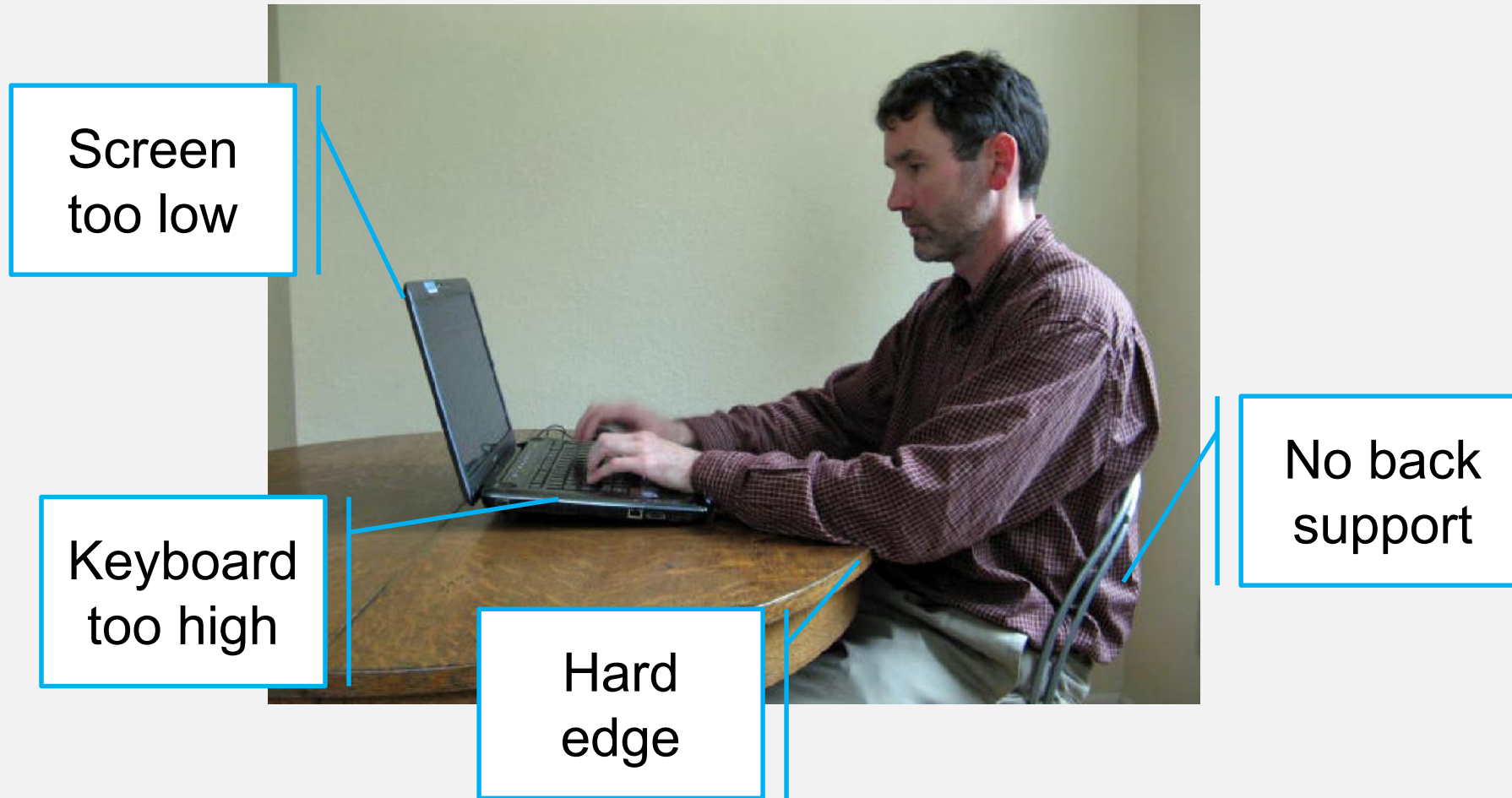
# Objectives

- Set up a home office for comfort and productivity.
- Try out options to sitting at a desk in order to vary your posture.
- Use healthy habits for wellness when working at home.

# An ergonomic set up at home is the same as at work

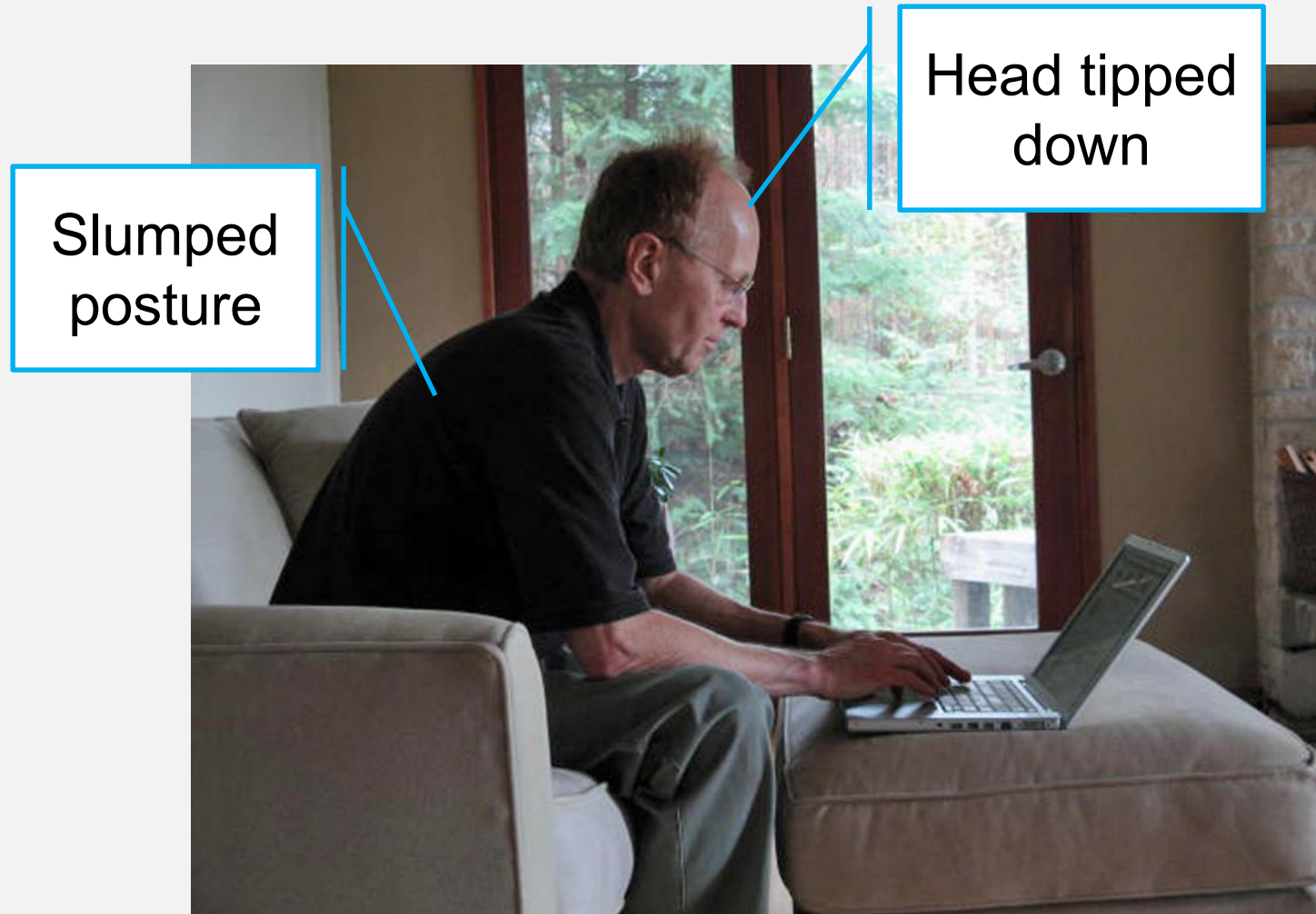


# What's wrong with a laptop at the kitchen table?





# The couch may not be any better



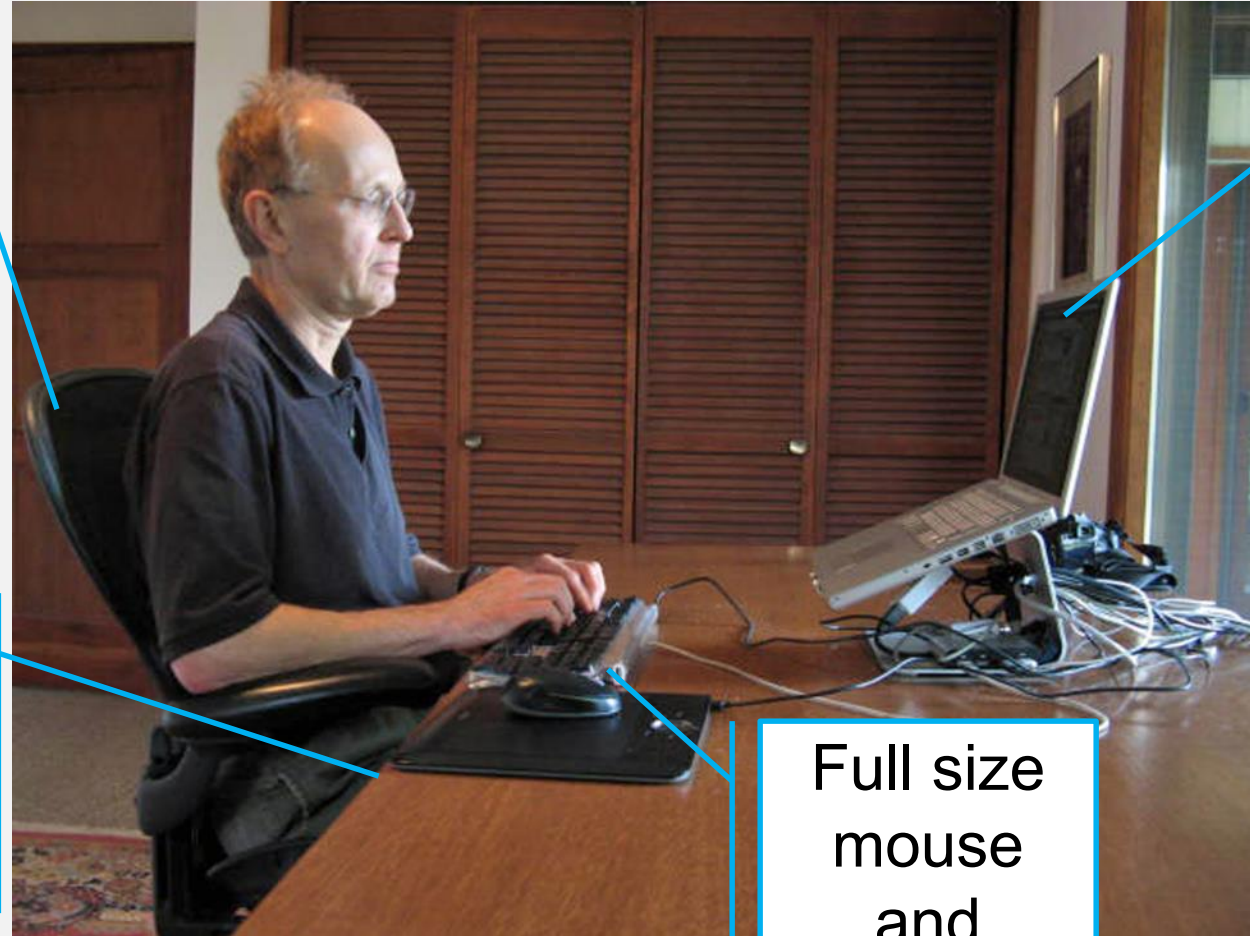




# A better set up

Desk chair with low back support

Table close to elbow height



Screen closer to eye level

Full size mouse and keyboard



# A full-size monitor can reduce eye strain

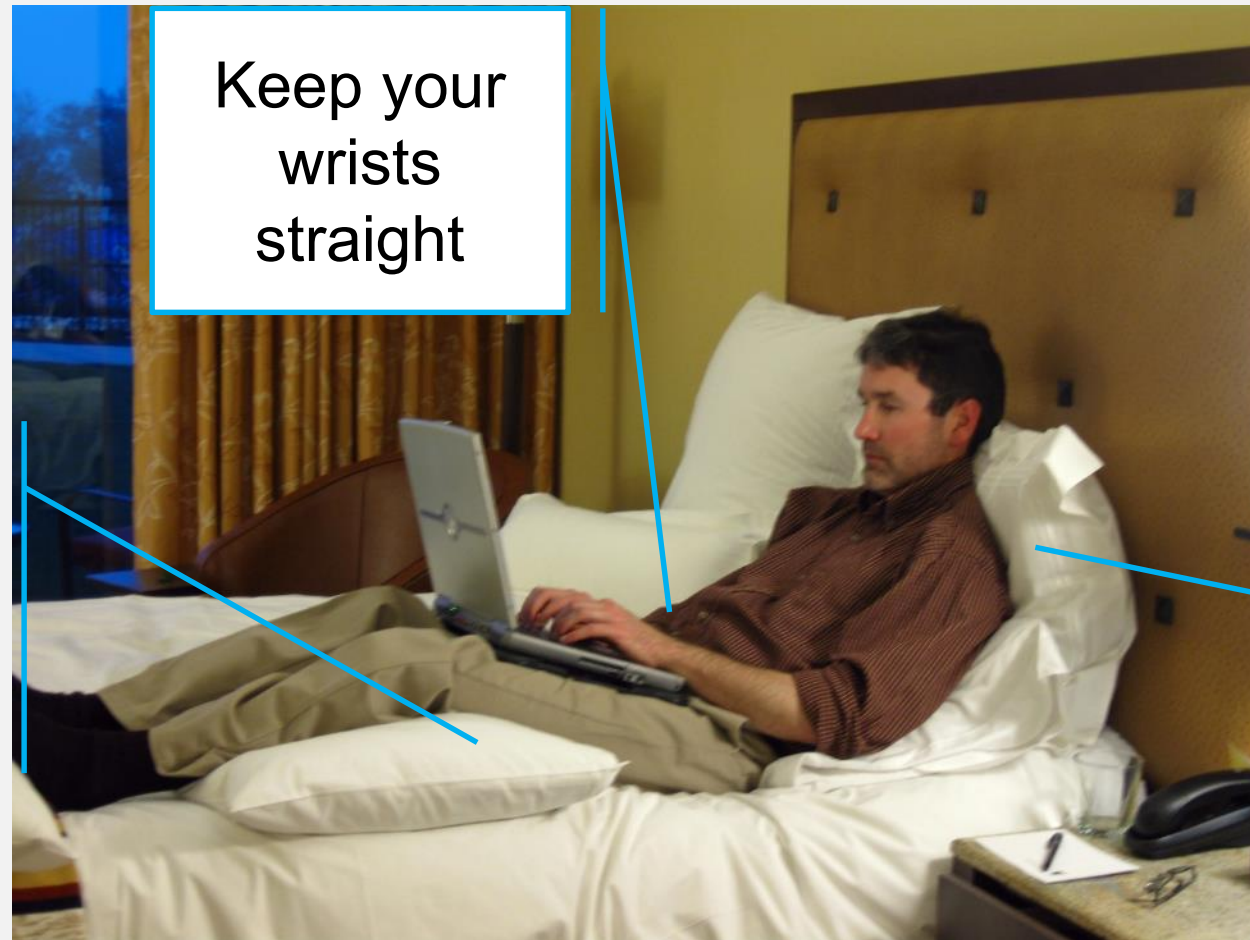


# Avoid glare by positioning your screen away from windows





# A relaxed position can still be very productive



Keep your wrists straight

Pillow under knees raises lap to bring screen higher

Extra pillows for back and neck support



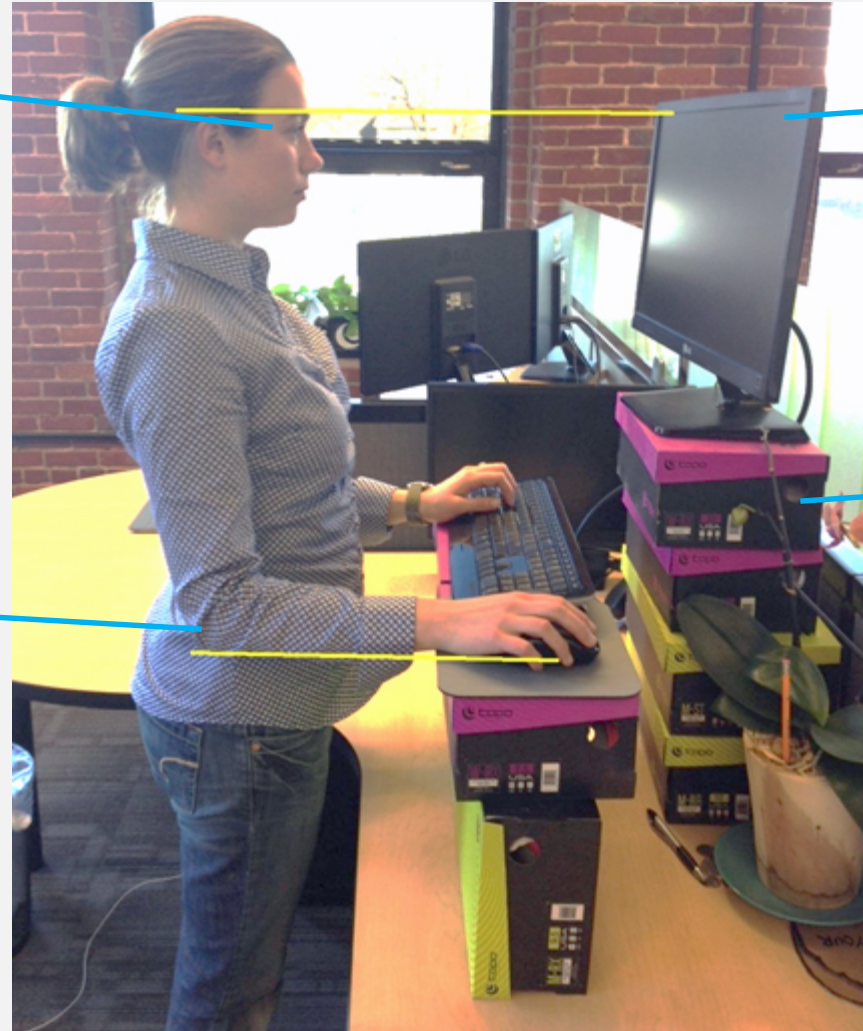
# Standing some of the time may take creativity

Eyes at least 18 inches from monitor

Top of screen at eye level

Keyboard and mouse at elbow level

Make sure it's stable!



# Try to stand when not using the computer







# A headset can help with head and neck posture







# Healthy habits

- Change position often
- Take a short break every hour or so
- Go for a walk on longer breaks

