

HOME OFFICE ERGONOMICS

Tips for creating an optimal work-from-home space



Your goal is to work in a relaxed position that doesn't force any part of you into an awkward posture. The following shows neutral postures in a sitting position;



Chair

Select a chair that doesn't have arms that restrict the movement of your arms. Sit back and relax your shoulders – if the arms of the chair are above the height of your elbows and bump when you move your elbows out, it's not the best choice.

Once you have found your chair, if you can't sit fully back without your lower legs touching the seat, build the back up with some cushions so you don't have to slump to the backrest.

Provide some lumbar support with a towel or small cushion.

If your heels don't touch the ground, use a book or box so they do.

Stay relaxed back in your chair. Don't perch upright.

Monitor

Your monitor screen should be positioned so that you view it with your head up straight; not looking down.

Place your screen up on whatever it takes to get it to the right spot. The top of the screen should be the same height as your eyes.

Keyboard and Mouse

This is where things get tricky!! You want to use your keyboard and mouse with your shoulders relaxed at your sides – your elbows should stay at your hips – so the keyboard surface should be the same height as your elbows.

It is unlikely that an existing table in your house will fit the bill. Get creative to position something just above your lap (or even on, if necessary)

It is impossible to adopt a sound ergonomic posture using a laptop. It is critical to have an external keyboard and mouse.

Standing

Use the same relative principles as above. Have one foot up on a small box to alleviate some stress on the back.

Above all, move frequently. We aren't meant to be still