

Ergonomics Tips for Working at Home

Check out these simple steps you can take to help optimise your posture and improve your comfort when working at home.

1. Select your work space

- Select a work space and chair that allows your keyboard to be located at or just below elbows height when your shoulders are relaxed, and your elbows are about 90 degrees.
- If this is not possible, get creative and utilise a cushion or folded blanket to raise you up.



2. Maintain a good posture

 An illustration of a person sitting at a desk, viewed from the side. The person is wearing a red long-sleeved shirt and dark pants. The desk has a monitor, keyboard, and mouse. A chair is in front of the desk. Several callout lines point to different parts of the person and the desk, each with a corresponding text box.

- Upper back straight with shoulders relaxed at your side.
- To help with back comfort, find a small pillow or roll a towel and place it where your belt lies at the small of your back.
- Elbows at 90 degrees with wrists straight.
- Monitor located approximately arm's length with top of monitor at eye level.
- Consider a soft surface just in front of your keyboard for your wrists. A folded hand towel or tee shirt should work.
- Keyboard at the same height as the elbows.
- Mouse located next to the keyboard.
- Seat height adjusted so the thighs are parallel to the floor.
- Feet firmly supported on the floor, use a footrest if necessary.
- Leg room should be free of obstructions.



3. Consider standing occasionally while working

- Get creative and utilise your kitchen island or an ironing board as the standing desk.
- Ensure your table height is set to the level of your elbows.
- Standing for up to 20 minutes at a time is recommended while longer durations are not advised.
- If you feel tension in your hips and thighs, take a break and sit.

Source:
<https://www.posturite.co.uk/blog/working-home-health-check-infographic>
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