

ERGONOMICS FOR THE HOME OFFICE



Ergonomics is about improving your comfort, health, and productivity with thoughtful workplace design. There are some small changes you can make to your home/teleworking office set up that will benefit your health and wellbeing.



Monitor

- Set the top of your monitor at, or slightly below **eye level**
- Keep your **neck straight** instead of craning or twisting
- Position your monitor about an arm's length away
- 20-20-20 Rule: Look 20 feet away every 20 minutes for 20 seconds

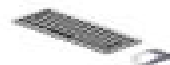


❌ WRONG SITTING POSTURE



✅ CORRECT SITTING POSTURE

(Ulliance, 2020)



Keyboard & Mouse

- Make sure your arms are **close to your body** with elbows near your sides.
- Use an external keyboard and mouse, and place them close to your body.
- Keep your wrists straight by floating your hands above your keyboard while typing.



Chair

- Choose a chair with **back support** and sit so your back is fully supported, reclining slightly if possible
- Don't sit on a stool, couch, or exercise ball



TIPS

- Sit for no more than 2 hours at a time
- Stand up regularly and move for breaks, phone calls, or non-computer work
- Noise distractions can be managed with noise cancelling headphones, or listening to music



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Home Office Ergonomics Codes Tips

LL Leslie

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular shape partially visible behind it.

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Ergonomic Workplace Design for Health, Wellness, and Productivity Alan Hedge, 2016-08-05 Even with today's mobile technology most work is still undertaken in a physical workplace Today's workplaces need to be healthy environments that minimize the risks of illnesses or injuries to occupants to compete in the marketplace This necessitates the application of good ergonomics design principles to the creation of effective workplaces and this is the focus of this book This book will Focus on ergonomic design for better health and ergonomic design for better productivity Presents environments that support new ways of working and alternative workplace strategies as well as the impacts of new technologies Covers the role of ergonomics design in creating sustainable workplaces Includes ergonomics design for a wide variety of workplaces from offices to hospitals to hotels to vehicles etc Shows the design principles on how to design and create a healthy and productive workplace The market lacks an ergonomics design book that covers the topics that this book will cover This book summarizes design principles for practitioners and applies them to the variety of workplace settings described in the book No other book currently on the market does that Handbook of Human Factors and Ergonomics Gavriel Salvendy, 2012-03-13 The fourth edition of the Handbook of Human Factors and Ergonomics has been completely revised and updated This includes all existing third edition chapters plus new chapters written to cover new areas These include the following subjects Managing low back disorder risk in the workplace Online interactivity Neuroergonomics Office ergonomics Social networking HF E in motor vehicle transportation User requirements Human factors and ergonomics in aviation Human factors in ambient intelligent environments As with the earlier editions the main purpose of this handbook is to serve the needs of the human factors and ergonomics researchers practitioners and graduate students Each chapter has a strong theory and scientific base but is heavily focused on real world applications As such a significant number of case studies examples figures and tables are included to aid in the understanding and application of the material covered *Designing Commercial Interiors* Christine M. Piotrowski, Elizabeth A. Rogers, IIDA, 2010-01-26 The definitive reference on designing commercial interiors expanded and updated for today's facilities Following the success of the ASID Polsky Prize Honorable Mention in 1999 authors Christine Piotrowski and Elizabeth Rogers have extensively revised this guide to planning and designing commercial interiors to help professionals and design students successfully address today's trends and project requirements This comprehensive reference covers the practical and aesthetic issues that distinguish commercial interiors There is new information on sustainable design security and accessibility three areas of increased emphasis in modern interiors An introductory chapter provides an overview of commercial interior design and the challenges and rewards of working in the field and stresses the importance of understanding the basic purpose and functions of the client's business as a prerequisite to designing interiors This guide also gives the reader a head start with eight self-contained chapters that provide comprehensive coverage of interior design for specific types of commercial facilities ranging from offices to food and beverage facilities and from retail

stores to health care facilities Each chapter is complete with a historical overview types of facilities planning and interior design elements design applications a summary references and Web sites New design applications covered include spas in hotels bed and breakfast inns coffee shops gift stores and salons courthouses and courtrooms and golf clubhouses In keeping with the times there are new chapters focusing on senior living facilities and on restoration and adaptive use A chapter on project management has been revised and includes everything from proposals and contracts to scheduling and documentation Throughout the book design application discussions illustrations and photographs help both professionals and students solve problems and envision and implement distinctive designs for commercial interiors With information on licensing codes and regulations along with more than 150 photographs and illustrations this combined resource and instant reference is a must have for commercial interior design professionals students and those studying for the NCIDQ licensing exam Companion Web site www.wiley.com/go/commercialinteriors

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Handbook of Human Factors and Ergonomics in Health Care and Patient Safety Pascale Carayon, 2016-04-19 The first edition of Handbook of Human Factors and Ergonomics in Health Care and Patient Safety took the medical and ergonomics communities by storm with in depth coverage of human factors and ergonomics research concepts theories models methods and interventions and how they can be applied in health care Other books focus on particular human factors and ergonomics issues such as human error or design of medical devices or a specific application such as emergency medicine This book draws on both areas to provide a compendium of human factors and ergonomics issues relevant to health care and patient safety The second edition takes a more practical approach with coverage of methods interventions and applications and a greater range of domains such as medication safety surgery anesthesia and infection prevention New topics include work schedules error recovery telemedicine workflow analysis simulation health information technology development and design patient safety management Reflecting developments and advances in the five years since the first edition the book explores medical technology and telemedicine and puts a special

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