

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

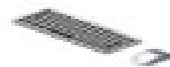


❌ WRONG SITTING POSTURE



✅ 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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Digital Human Modeling and Applications in Health, Safety, Ergonomics and Risk Management Vincent G. Duffy,2024-06-01 This three volume set LNCS 14709 14711 constitutes the refereed proceedings of the 15th International Conference on Digital Human Modeling and Applications in Health Safety Ergonomics and Risk Management DHM 2024 held as part of the 26th International Conference HCI International 2024 in Washington DC USA during June 29 July 4 2024 The total of 1271 papers and 309 posters included in the HCII 2024 proceedings was carefully reviewed and selected from 5108 submissions DHM 2024 method focuses on Part I Digital Human Modeling for Design and Evaluation User Experience and Assistive Technologies User Experience Communication and Collaboration Part II Healthcare Design and Support Technology in Mental Health and Wellbeing Artificial Intelligence and Health Applications Part III Work Safety and Ergonomics Ergonomics Artificial Intelligence and Smart Technologies Advanced Technologies for Training and Learning

Handbook of Research on Remote Work and Worker Well-Being in the Post-COVID-19 Era Wheatley, Daniel,Hardill, Irene,Buglass, Sarah,2021-04-16 With the introduction of policies to combat COVID 19 far greater numbers of employees across the globe including those with limited job autonomy have moved to undertake their entire job at home Although challenging in the current climate embracing these flexible modes of work such as working at home including relevant investment in technology to enable this will not only deliver potential organizational benefits but also increase the adaptability of the labor market in the short and longer terms Although perhaps not the central concern of many in the current climate good home based work is achievable and perhaps even a solution to the current work based dilemma created by COVID 19 and should be a common goal for individuals organizations and society Research also has shifted to focus on the routines of workers organizational performance and well being of companies and their employees along with reflections on the ways in which these developments may influence and alter the nature of paid work into the post COVID 19 era The Handbook of Research on Remote Work and Worker Well Being in the Post COVID 19 Era focuses on the rapid expansion of remote working in response to the global COVID 19 pandemic and the impacts it has had on both employees

and businesses The content of the book progresses understanding and raises awareness of the benefits and challenges faced by large scale movements to remote working considering the wide array of different ways in which the large scale movement to remote working is impacting working lives and the economy This book covers how different fields of work are responding and implementing remote work along with providing a presentation of how work occurs in digital spaces and the impacts on different topics such as gender dynamics and virtual togetherness It is an ideal reference book for HR professionals business managers executives entrepreneurs policymakers researchers students practitioners academicians and business professionals interested in the latest research on remote working and its impacts *International Encyclopedia of Ergonomics and Human Factors - 3 Volume Set* Informa Healthcare,2000-12-14 The first encyclopaedic source in this interdisciplinary field This is a unique professional reference available in either three hardback volumes or CDROM

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Whispering the Strategies of Language: An Mental Journey through **Home Office Ergonomics Reviews Benefits**

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