

# How to Set Up an **Ergonomic** Home Workstation

Setting up an ideal home office can minimize strain on your body when you're working at home. Ergonomically friendly home workstations will help you avoid muscle strain, headaches and sore or dry eyes.

## PREFERRED HOME COMPUTER WORKSTATION DESIGN

### PHONE USE

Use a headset or earphones to take phone calls to reduce neck strain.

### SEATING

Use a chair with five legs and a swivel seat with lumbar support for the lower back. Chair height should be positioned so your feet are flat on the floor. If the chair has arms, they should be adjusted to provide arm support while typing.

### CHAIR AND DESK HEIGHT

Chair seat should be 16-20" from the floor. Desk height should be 25-30" from the floor.

### EYE STRAIN

Practice the 20-20-20 Rule: Take a 20-second break from the digital screen to view something 20 feet away every 20 minutes.

### SCREEN POSITION

The top of the monitor should be at eye-level, with your gaze looking slightly down at the screen. The screen should be 18-24" from your eyes.

### ARM POSITION

Bend your arms at a 90-115 degree angle with your wrists at a neutral position.

### DESK SPACE

Allow ample room below the desk to bend the knees comfortably when seated.

### FOOT POSITION

While seated allow your feet to rest firmly on the floor.



Source: <https://www.consumerreports.org/home-office/how-to-set-up-a-home-workstation-to-avoid-muscle-strain-headaches-and-eyestrain/>

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# Home Office Ergonomics New Tips

**Linda Tapp**



## Home Office Ergonomics New Tips:

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*Office Design That Really Works* Kathleen R. Allen, 1995 Office Design That Really Works is filled with sensible easy to implement advice It will guide you through all your office setup and design decisions from creating your signature image to mapping out your current and future needs

**Small Business Sourcebook**, 2004

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*Managing Office Technology*, 1997

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**Willing's Press Guide**, 2004 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts

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