

Ergonomics at Home: Setting up a Remote Workspace

SUPPORTED • COMFORTABLE • PRODUCTIVE

Working from home can present challenges with awkward and static postures – below are a few tips and strategies that can help keep you comfortable and safe.

Movement - move around!



If possible, set up different work spaces around the house



Change positions as often as possible



Allow for muscle recovery



Consider standing positions for light reading tasks, or short phone calls



Integrate stretching or microbreaks (every 45-60 mins)

Working in seated positions



- Choose a study chair with a backrest. Raise yourself with a pillow or cushion on the chair to bring your keyboard and mouse to elbow height
- Keep windows to the side, not in front or behind the screen
- Organize your workstation so that items used most often are closest to you
- Sit with your back fully supported and elbows close to body
- Position knees at 90°, thighs parallel with floor and feet support on floor or object



ADDITIONAL WORKSTATION SET-UP TIPS:



Invest in external devices, such as a mouse and keyboard



Use books or boxes to raise the laptop screen to keep your neck straight. Locate top of screen to eye level



Use headphones instead of holding your phone on calls



A rolled yoga mat or boxes can be used to support your feet with your knees at approximately 90°



Use a rolled towel to provide lumbar support for a flat back chair



Working in standing positions



- Maintain a neutral neck posture by using books or boxes to raise the laptop screen to eye level
- Raise your keyboard and mouse using boxes or books to just below elbow level
- Back and neck straight with elbows close to body
- Be sure you have foot clearance under the surface and wear comfortable shoes



Mental Health and Wellness

It's important to prioritize our health and wellness while working from home by practicing healthy habits to develop a balanced lifestyle. Here are some tips to help you get started.



20 - 20 - 20

Allow for visual recovery. Every 20 minutes, look at something 20 feet away for 20 seconds to help with refocusing of the eyes



Get some sunshine and exercise to increase blood circulation, fresh air and to take a mental break



Support resilience. Take micro-moments to Pause, Reset, and Nourish (PRN)



Keep a work schedule and communicate this to colleagues and household/family



Connecting with friends and colleagues can reduce isolation



Make adjustments to reduce unwanted noise.



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Ying-Ying Zheng



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Office Ergonomics Anne D. Kroemer, Karl H.E. Kroemer, 2016-10-03 Office ergonomics whether we realize it or not directly or indirectly affects every one of us It is the study of the work we do the environment we work in and the tools we use to successfully perform our jobs Office ergonomics helps us be comfortable and safe at work which reduces the risk of injury lowers stress increases personal engagement and raises overall work performance This book embraces and addresses the new reality of the traditional office work which is ever changing and evolving and offers tactical recommendations on how to make non traditional office settings more comfortable This book suggests how to Set up the office wherever that may be at a company site at home at a corner caf on a commuter train Interact with colleagues Organize and pace work Select and arrange equipment and furniture Maintain the physical climate lighting sound heating and cooling The book is a practical one based on sound theory and solid research Written for non engineers as well as those in the industry it has a conversational tone reflects true life situations that office workers face and is adaptable to multiple office settings While budding ergonomists will find it educational office managers and designers will benefit from it as well You will find ten fast paced chapters augmented with brief case studies and illustrations and capped off with a series of practical design recommendations Three appendices delve into ergonomic topics with more thorough details This book suggests how best to achieve a harmonious work scenario by optimizing the fit between the person and his or her environment This in a nutshell is what ergonomics is all about working with ease and efficiency

Telecommuting and Virtual Offices: Issues and Opportunities Johnson, Nancy, 2000-07-01 Telecommuting by any name telework mobile work home offices virtual employees or telematics is one of the most intriguing and least understood results of advances in portable computing The authors in Telecommuting and Virtual Offices Issues and Opportunities present usable research and advice on many of these issues

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

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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