

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

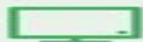
- ✓ Choose a study chair with a backrest. Raise yourself with a pillow or cushion on the chair to bring your keyboard and mouse to elbow height
- ✓ Keep windows to the side, not in front or behind the screen
- ✓ Organize your workstation so that items used most often are closest to you
- ✓ Sit with your 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°



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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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

Breathing Edge Cassian Pereira, AI, 2025-03-19 *Breathing Edge* explores how optimizing respiration can significantly enhance both physical and mental well being The book highlights the often overlooked power of conscious breathing revealing its impact on stamina cognitive function and stress management It delves into the science behind respiration explaining how improved oxygen intake fuels cellular activity and sharpens brain function offering readers a path to improved health through better breathing habits The book progresses through three key pillars deep breathing exercises air quality awareness and posture improvements Readers will discover step by step instructions for various breathing techniques learn to identify and mitigate environmental pollutants and gain insights into biomechanics for optimal lung expansion A unique aspect is its holistic approach drawing from diverse fields like respiratory physiology environmental health and ergonomics providing a balanced perspective for a broad audience seeking to optimize their health through enhanced breathing practices

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 Digital Human**

Modeling Vincent G. Duffy,2016-04-19 The rapid introduction of sophisticated computers services telecommunications systems and manufacturing systems has caused a major shift in the way people use and work with technology It is not surprising that computer aided modeling has emerged as a promising method for ensuring products meet the requirements of the consumer The Handbook of D **F & S Index United States Annual** ,1994 **The Wall Street Journal** ,2002

Residential Interior Design Maureen Mitton,Courtney Nystuen,2016-04-07 A practical approach to planning residential spaces Residential Interior Design A Guide To Planning Spaces is the industry standard reference for all aspects of residential space planning with a practical focus on accessible design ergonomics and how building systems affect each space This new third edition has been updated with the most recent code information including the 2015 International Residential Code and the International Green Construction Code and new content on remodeling Packed with hundreds of drawings and photographs this book illustrates a step by step approach to design that applies to any residential space and ensures that the most important factors are weighted heavily in the decision making process Daily use is a major consideration and the authors explore the minimum amount of space each room requires to function appropriately while examining the host of additional factors that impact bedrooms bathrooms kitchens hallways and more Detailed information about accessibility is included in each chapter making this book a reliable design reference for aging in place and universal design The new companion website features teaching tools and a variety of learning supplements that help reinforce the material covered Interior design is a fundamental component of a residential space and a required skill for architecture and design professionals This book is a complete reference on all aspects of residential design and the factors that make a space work Design spaces with primary consideration of daily use Account for building systems accessibility human factors and more Get up to date on the latest residential interior building codes Plan interiors for any home any style and any budget Designing a residential interior is about more than choosing paint colors and furniture it s about people and how they interact and use the space It s about shaping the space to conform to its function in the best possible way Residential Interior Design provides clear comprehensive guidance on getting it right every time *Current Law Index* ,2002 **Plunkett's Companion to the Almanac of American Employers: Mid-Size Firms: The Only Guide to America's Hottest, Fastest-Growing Mid-Sized Employers** Jack W. Plunkett,2009-03 Contains profiles of hundreds of the best rapidly growing mid size employers of 100 to 2 500 employees These are highly successful companies located nationwide that are of vital

importance to job seekers of all types *Human Factors and Information Technology* ,1983 **Construction Index** ,1997
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 National Trade and Professional Associations of the United States ,1996 **Professional Safety** ,2004 **Predicasts F & S Index United States** Predicasts, inc,1988 A comprehensive index to company and industry information in business journals **Wall Street Journal Index** ,2003 **Business Periodicals Index** ,2001 **Facilities Design & Management** ,2000 **Bulletin to Management** ,2000

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In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Home Office Ergonomics Benefits US**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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