

# 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

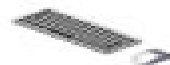


❌ WRONG SITTING POSTURE



✅ 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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Risk Management & Insurance  
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# Home Office Ergonomics How To California

**D Keegan**



## Home Office Ergonomics How To California:

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*Cal-OSHA Reporter* ,2002

**Orthopaedic Physical Therapy Home Study Course** ,1998

**Telecommuting and**

**Virtual Offices** Nancy J. Johnson,2001 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

Construction Index ,1997

The Construction Specifier ,1974

Interiors ,1996-10

Who's who in Interior Design

,1988

**Ergonomics in Health Care and Rehabilitation**

Valerie J. Berg Rice,1998 This unique book teaches therapists how to use ergonomics to optimize human performance and improve patient health It explains what recommendations should be made to industry to promote healthy work habits and decrease the incidence of musculoskeletal injuries and discusses proper body mechanics work simplification techniques and recommendations for ergonomic equipment

PC World ,1995

**Encyclopedia of Business Information Sources** Paul Wasserman,1983 A detailed listing of primary subjects of interest to managerial personnel with a record a sourcebooks periodicals organizations directories handbooks bibliographies on line data bases and other sources of information on each topic

**Academic Histories of Faculty Members of**

**Associated Collegiate Schools of Business with Bibliographies of Their Publications** ,1965

*Human Resources*

*Report* ,2006

**Daily Labor Report** ,1997

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Home Office Ergonomics How To California** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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web in this lab trimyristin is extracted from ground nutmeg occurring in many vegetable oils as well as myristic acid trimyristin consists of long saturated hydrocarbon chains and it is relatively nonpolar thus using a relatively nonpolar solvent trimyristin can be easily extracted by the concept of like dissolves like

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