

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

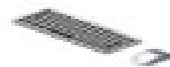


❌ WRONG SITTING POSTURE



✅ 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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Home Office Ergonomics 2025 Los Angeles

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Human Factors and Systems Interaction Isabel L. Nunes, 2025-07-26 Proceedings of the 16th International Conference on Applied Human Factors and Ergonomics and the Affiliated Conferences Orlando Florida USA 26 30 July 2025

Immersive Learning Research Network Jule M. Krüger, Matthew Schmidt, Anastasios Mikropoulos, George Koutromanos, Daniela Pedrosa, Dennis Beck, Stylianos Mystakidis, Genevieve Smith-Nunes, Anasol Peña-Rios, Jonathon Richter, 2025-08-28 This book constitutes the revised selected papers of the 11th International Conference on Immersive Learning iLRN 2025 held in Chicago IL USA during June 15 19 2025 The 23 full papers presented in this volume were carefully reviewed and selected from 57 submissions They were categorized under the topical sections as follows Foundations in Immersive Learning Research and Theory Assessment and Evaluation A Inclusion Diversity Equity Access and Social Justice IDEAS STEM Education STEM Medical Workforce Development Self and Co regulated Learning with Immersive Learning Environments SCILE Special Track 1 Immersive learning across Latin America State of Research Use Cases and Projects Special Track 2 Navigating Grand Challenges Immersive Learning and Special Track 3 Sustainable Development and Immerse Learning in the Climate Emergency *World Who's who in Science* Marquis Who's Who, Inc, 1968 **World Who's who in Science** ,1968 *World Who's who in Science* Allen G. Debus, 1968 *Computing for Business* ,1985 **Interface Age, Computing for Business** ,1985 **Who's who in Finance and Industry** ,1999

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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 Office Ergonomics Karl H.E. Kroemer,2002-09-11 Office workers form a large and growing proportion of the workforce especially with the growth of the service sector Almost all of us work in computerised offices and have become strongly attached to these machines We wish to be productive and successful satisfied with our work get along with our fellow workers we do not want to suffer aches in wrists shoulders or back or any headaches This is a practical book but it is based on sound theory and research It is written for the practitioner the office manager the equipment purchaser the designer and architect and especially for the individual office worker for you and me who operate keyboards check and make files phone and fax sit and stand write and read who discuss and evaluate and prepare for decisions We need to know how to set up the office how to select and arrange our equipment and furniture how to organise and pace our work We need to perform at ease and efficiently which is the motto of ergonomics *Office Ergonomics* Karl H.E. Kroemer,2001-05-10 Office workers form a large and growing proportion of the workforce especially with the growth of the service sector Almost all of us work in computerised offices and have become strongly attached to these machines We wish to be productive and successful satisfied with our work get along with our fellow workers we do not want to suffer aches in wrists shoulders or back or any headaches This is a practical book but it is based on sound theory and research It is written for the practitioner the office manager the equipment purchaser the designer and architect and especially for the individual office worker for you and me who operate keyboards check and make files phone and fax sit and stand write and read who discuss and evaluate and prepare for decisions We need to know how to set up the office how to select and arrange our equipment and furniture how to organise and pace our work We need to perform at ease and efficiently which is the motto of ergonomics **Why Home Office Ergonomics Matters** Donna McEntee,2020

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