



ERGONOMIC
CONSULTANTS.com

ACHIEVE ERGONOMIC EFFICIENCY IN A WORK-FROM-HOME (WFH) ENVIRONMENT

Whether in a home office or on the couch, you can practice ergonomic guidelines and healthy habits, allowing for a safer, healthier and more productive workspace.

TAKE FREQUENT BREAKS

Step away from your workstation every half hour. Stretch, go for a walk, hydrate.

ROTATE WORKSTATIONS

If you experience restlessness, try a few different workstations, and establish routines around which you use at different times of day. E3 recommends the use of both standing and sitting workstations.



On the back of this card, you'll find specific ergonomic guidance tailored to your home workstation of choice, as well as creative solutions for outfitting your home workspace in the short term with little-to-no formal equipment.



For assistance: info@ergonomicconsultants.com

MAINTAIN ERGONOMIC STANDARDS AROUND THE HOME:

WORKING AT A DINING TABLE

- + Raise chair so knees are slightly lower than hips and feet are touching the floor.
- + Wrists should not be angled up or down but in a neutral posture. Raise or lower chair if needed.
- + Monitor screen(s) should be within arms reach (18"- 24") and the top inch of the screen should be approximately at eye level.
- + If using a laptop or tablet for more than 2 hours, try to use an external keyboard and external mouse. Then elevate top of screen to just below eye height.

WORKING AT A COUNTER OR BAR HEIGHT TABLE

- + If using as standing workstation, raise laptop to elbow height using box or books.
- + Use a footrest to prop one foot up intermittently, relieving pressure from lower back.

WORKING IN A LOUNGE CHAIR OR SOFA

- + Decrease seat depth with added back cushioning until position is close enough to edge that knees are slightly lower than hips and feet touch floor. If needed, raise seat height with further cushioning.

WORKING FROM A BED

- + Use cushions to provide lumbar support, straightening back.
- + Use breakfast-in-bed style tray or wide flat surface such as stack of pillows to elevate laptop while offering wrist-rest.

UNOFFICIAL ERGONOMIC TOOLS!

Don't worry about dedicated ergonomic equipment; at home you can be creative.



AS A MONITOR RISER

Stacked books, printer paper reams, binders (great as a sloped riser for raising laptop screen while keeping keyboard low).



TO ADJUST SEAT HEIGHT, DEPTH, AND ADD LUMBAR SUPPORT

Firm cushions or pillows, folded towels or blankets.



AS A FOOTSTOOL FOR RAISING "FLOOR" HEIGHT

Printer paper reams, shoebox, stacked books



AS A LAP-BASED WORK SURFACE WITH ROOM FOR WRIST REST

Serving tray, flat stacked pillows, large storage container lid.