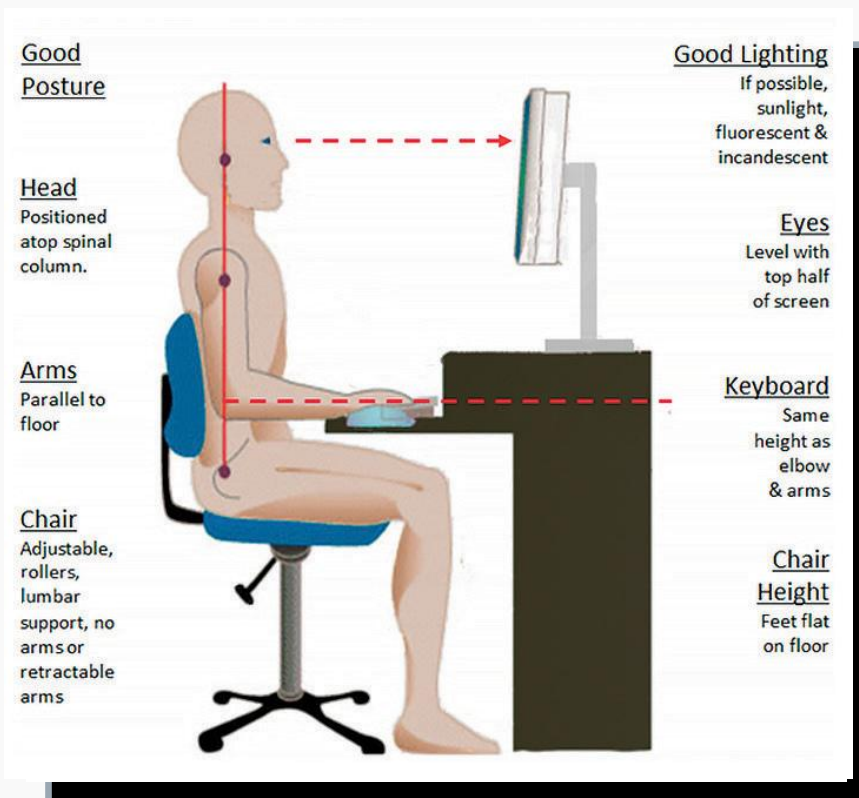


HOME OFFICE ERGONOMICS

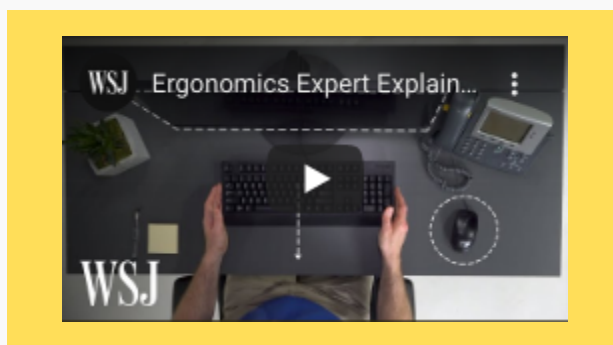
By: Ben Wilson

You probably have a comfortable work area at the office, but what about at home? During these challenging times, home has become the office for many people. Below are some benefits of an ergonomic workspace and some tips on how to have that while working from home.



Benefits of an ergonomic workspace:

- Minimize back and neck pain.
- Reduce long term injuries and expenses caused by cramped posture.
- Be more productive at home with a workplace that doesn't get in your way.
- Improve the quality of your work by being able to focus more on your work and less on where you are.



Things to do to make your home work area ergonomic and things not to do:

- Don't hunch at your laptop.
- Use another monitor, a riser, or adjust your desk to minimize neck and back pain.
- The top of the monitor should be eye level and angled up.
- Have your desk elbow high. This will keep pressure off your shoulders and wrists.
- Use a real office chair if you have one. These adjust easier and offer better support.
- If the chair you do have isn't great, use household items to adjust the ergonomics, like pillows.
- Don't let your feet dangle, use a stool or box. This can reduce low back pain by taking pressure off of it.
- Don't use your couch or bed as a workstation. This can cause muscle pain or numbness if you are sitting in a constrictive way.
- Don't forget to get up and move around! This will give your body some time to stretch. Setting a timer can help you remember.

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