

## Remote Work Ergonomics

### Considerations when choosing your home office location

- Choose a location away from high traffic areas in the home to minimize noise distractions.
- Try to find a spot with plenty of natural lighting. If not possible, avoid tungsten lighting.
- Windows should have adequate coverings to minimize glare.



### Tips for Setting Up Your Home Office Furniture and Equipment to Minimize Ergonomic Risks for Injury

Place your computer & desk perpendicular to windows to minimize outside sources of glare. If not possible, close the blinds.



If the desk is too high, consider purchasing a footrest (or using a stack of books) and raising the chair, or a keyboard tray which can be adjusted to your seated elbow height.



Employees working from home have less reasons to get up for a postural break. Make sure to get up at least once an hour to stretch and walk.



To limit reaching and awkward posture, keep frequently used items in the primary zone, occasionally used items in the secondary zone, and rarely used items at the back of the desk.

## Laptop Ergonomics

### Ergonomic Concerns of Prolonged Laptop Use

- Because of the integrated screen and input devices, it's impossible for the monitor to be set to the appropriate height at the same time the keyboard and mouse are.
- Small keyboards and centered trackpad position contribute to awkward upper limb and shoulder postures.
- Small screen sizes increase stress on the eyes and may lead to eyestrain.



### Laptop Set Up to Minimize Risks

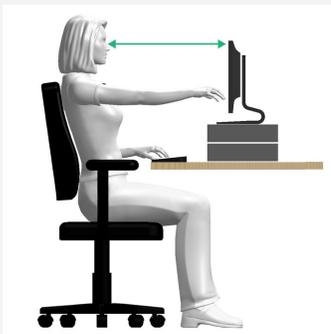
- ✓ Separate the input devices from the monitor.



Option A: Use an external monitor with an external keyboard and mouse



Option B: Use a laptop riser with an external keyboard and mouse.



- ✓ Adjust the monitor or laptop so the top of the screen is just below eye level and one arm's length away.



- ✓ Adjust the keyboard and mouse to your seated elbow height.