Ergonomics

Working from Home – COVID-19

As the response to the COVID-19 coronavirus grows, more organizations are having employees work remotely. If you're one of those employees, take a minute and review this safety talk so you can set yourself up to work comfortably at home.

It's important to understand that sometimes the things we do at home can lead to symptoms that show up at work. That's why the principles of computer ergonomics are essentially the same whether you're working in the office or at home. To achieve maximum comfort when using your electronic devices at home you should:

- Keep your arms close to your body with your
- elbows bent at about a 90° angle
- Keep your wrists straight
- Sit with your knees bent at about a 90° angle
- with your feet resting comfortably
- Support the curve of your back (lumbar)
- Minimize the bend in your neck
- Vary your posture
- Take frequent breaks

Recovery Time

Microbreaks are critical when working on a computer. Moving around increases blood flow to your muscles which reduces muscle fatigue. Change your position often and stretch.

SET UP FOR SUCCESS TIPS

Here are some valuable tips to help you work ergonomically smart at home:

- If you have a computer workstation at home, make this your first option instead of your tablet or phone.
- While stretched out on the sofa, position your device to achieve a 90° bend in your arms with wrists straight.
- When looking at the laptop or tablet screen, adjust the screen tilt to improve the distance from your eyes to the screen and if needed, increase the text size to reduce the bend of your neck.
- If you use your laptop exclusively at home, consider getting a monitor, ergonomic keyboard, and mouse to go with it.

In all cases, make sure to support your lower back (lumbar). If you have an adjustable chair position the lumbar support at the curve of your lower back. When sitting on the sofa or a lounge chair, you can use a rolled up towel or pillow.

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