



# Ergonomics *for the home office*

If you are working from home, either full or part-time, you should ensure your home office is set up ergonomically. A set-up that is not designed for efficiency and comfort can lead to wasted time and poor posture.

Do a quick assessment of your work space and see if it meets ergonomic standards.



## THINGS TO CHECK WHEN SEATED AT YOUR DESK:

- Are your head and neck balanced and in line with your spine?
- Can you sit upright in your chair with your lower back fully supported?
- Are your shoulders relaxed and forearms parallel to the floor?
- Are your wrists straight when using the mouse or keyboard?
- Is your monitor an arm's length away and in direct line of sight?

## HOME OFFICE CONSIDERATIONS:

- Are you working in a comfortable location?
- Can you alternate between sitting and standing?
- Do you move regularly to stretch and change position?
- Are your most used items within easy reach?