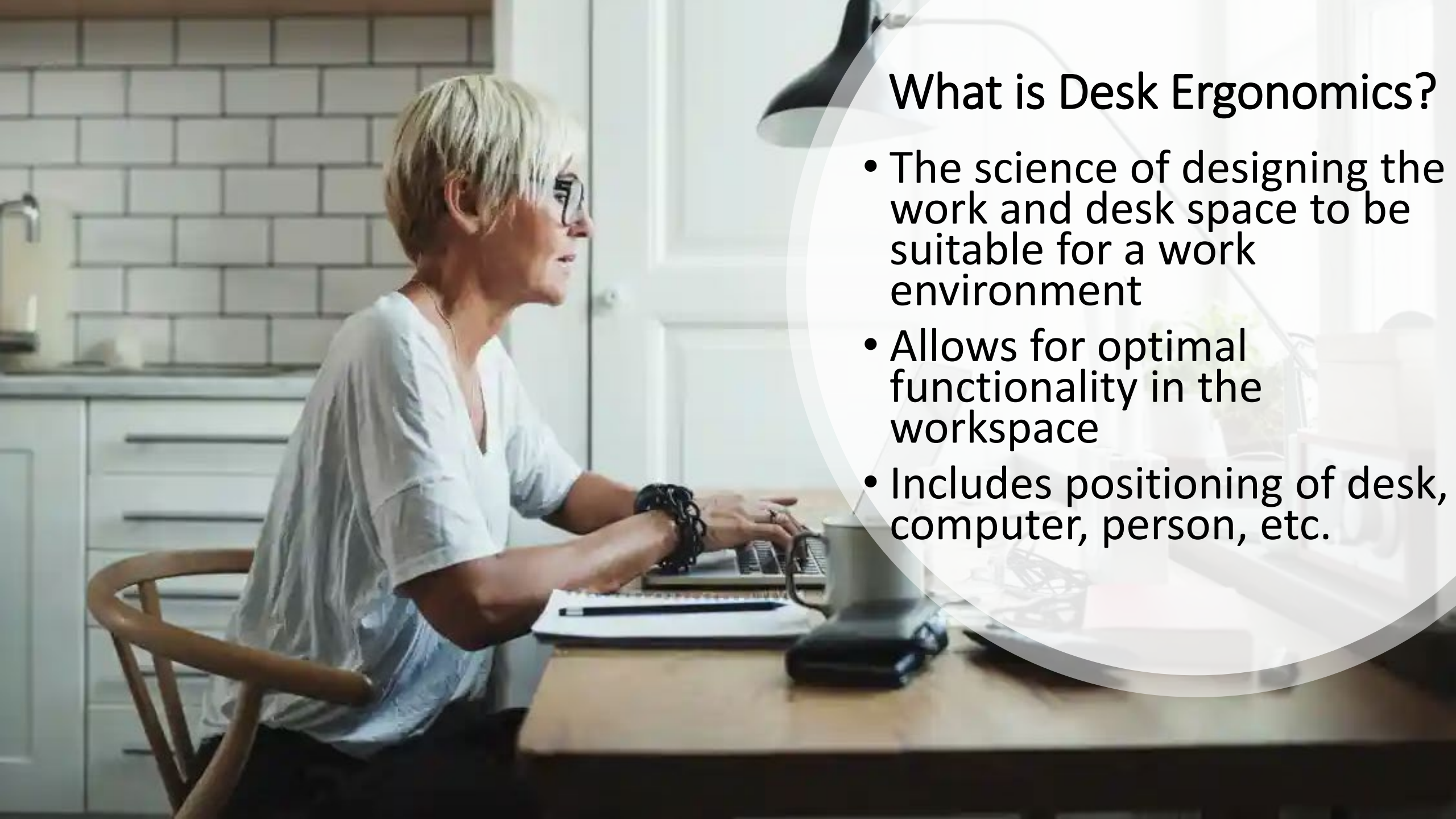




At Home Desk Ergonomics



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What is Desk Ergonomics?

- The science of designing the work and desk space to be suitable for a work environment
- Allows for optimal functionality in the workspace
- Includes positioning of desk, computer, person, etc.

Why is it important?

- Reduces injury risk over time
 - Muscle strain, eye strain, carpal tunnel, tennis elbow, etc.
- Improves productivity
- Relieves stress by creating a healthy work environment

Working From Home Set-Up

Find

Find your workspace!

- This should be separate from your bed/other lounging areas

Decide


Decide what you need to work efficiently

- Ex: office chair, standing/seated desk, bookshelves, pens/pencils, etc.
- Consider the layout and what it will look like

Create

Activity

Create your own workspace list of what you need based off your own available home and job. Then share with the group of what you think is most important for you to be productive. Drawings are also welcome!

A woman with brown hair, wearing a red long-sleeved shirt with a white and blue floral pattern, is standing at a desk in profile, looking at a laptop. The desk is white and has a laptop on it. In the background, there is a window with white curtains and a grey wall. A white office chair is visible behind her.

Remember the NEW
Acronym For Success

N-Neutral Posture

E-Eye and Elbow Height

W-Work Area

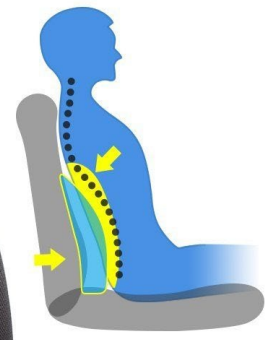
Modifications if You Lack a Home Office

- Consider your kitchen/dining table if accessible
- Having a smooth surface is a great start to a workspace
- Add an additional elevation support if needed for your laptop/computer

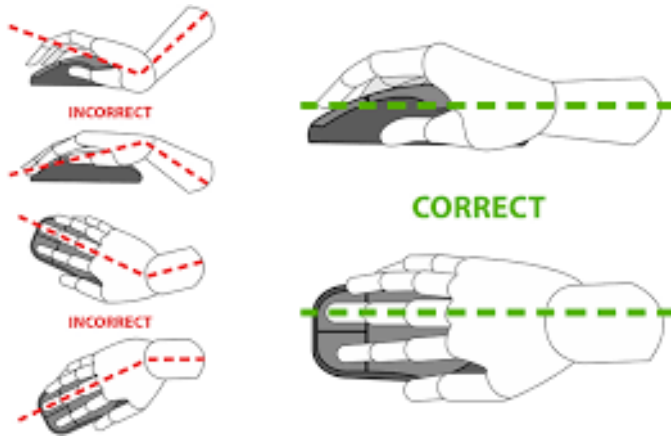




Find a comfortable chair with back support



If not, consider adding one of these



Other Considerations

- Mouse
- keyboard



Work From Home Tips

- Remember to keep your space consistent!
- Try and set apart workspace from life space
- Keep it simple
 - Avoid cluttered areas that may cause you to lose things or get distracted
- Ergonomics can vary for person, do what works for you that will allow most functionality





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Questions?