



EASY STEPS TO ERGO YOUR HOME

CHECK. ADJUST. WORK

CLAIM YOUR SPACE:

Create a separate and distinct workspace in your home, even if it is in the corner of a room. This can help with concentration, privacy, and overall working mind-set.



KEEP THINGS CLOSE:

Keep the items you use most (phone, tablet, notebook, any other desktop items) as close to you as possible. Refer to the “Know your working zones” handout on our website to ensure you are not overreaching.

WATCH YOUR SCREENS:

Ensure screens are adjusted to your ideal sight line and vision. Remember to maintain good neck and shoulder posture and avoid slouching as that places tension on the upper body.

ARE YOU A COUCH SLOUCH?:

When you work on your couch, ensure your back is supported and screen(s) is set to an ideal height which helps reduce neck and shoulder strain. A lap desk is a good tool if work is completed in short durations.

DIY ERGONOMIC TIPS

HOMEMADE ERGO:

Ergo at home doesn't have to be fancy, or even store-bought. Everyday household items can help you create a more comfortable and ergonomic workspace.

Household Item	Ergonomic Use
Ironing Board	Adjustable sit/stand desk
Notebook Binder	Portable lap desk or document holder
Pillows or Rolled Towels	Lumbar or arm support
Books	Raise your screen(s) to eye level
Box or Ream of Paper	Footrest
Cushion	Raise seat height for better posture

CREATE YOUR IDEAL WORKSTATION:

Watch Me!



HELPFUL LINKS

[Ideal workstation seated setup \(Female\)](#)

[Ideal workstation standing setup \(Female\)](#)

[Ideal workstation seated setup \(Male\)](#)

[Ideal workstation standing setup \(Male\)](#)