

ERGONOMICS FOR THE HOME OFFICE



Ergonomics is about improving your comfort, health, and productivity with thoughtful workplace design. There are some small changes you can make to your home/teleworking office set up that will benefit your health and wellbeing.



Monitor

- Set the top of your monitor at, or slightly below **eye level**
- Keep your **neck straight** instead of craning or twisting
- Position your monitor about an arm's length away
- 20-20-20 Rule: Look 20 feet away every 20 minutes for 20 seconds

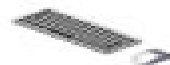


❌ WRONG SITTING POSTURE



✅ CORRECT SITTING POSTURE

(Ulliance, 2020)



Keyboard & Mouse

- Make sure your arms are **close to your body** with elbows near your sides.
- Use an external keyboard and mouse, and place them close to your body.
- Keep your wrists straight by floating your hands above your keyboard while typing.



Chair

- Choose a chair with **back support** and sit so your back is fully supported, reclining slightly if possible
- Don't sit on a stool, couch, or exercise ball



TIPS

- Sit for no more than 2 hours at a time
- Stand up regularly and move for breaks, phone calls, or non-computer work
- Noise distractions can be managed with noise cancelling headphones, or listening to music



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Home Office Ergonomics Comparison America

Clifford Lane



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Kodak's Ergonomic Design for People at Work The Eastman Kodak Company, 2003-10-10 Written for those who are on the job but not necessarily professionally trained ergonomists the principles and approaches detailed in this highly regarded guide have all been implemented in real world workplace environments and proven successful in reducing the potential for occupational injury increasing the number of people who can perform a job and improving employee performance on the job More than 150 clear and informative illustrations and tables help convey data and information in eight sections Ergonomics design philosophy Human reliability and information transfer Evaluation of job demands Work design Workplace design Manual handling in occupational tasks Equipment design Environment *Handbook of Human Factors and Ergonomics* Gavriel Salvendy, 2012-05-24 The fourth edition of the Handbook of Human Factors and Ergonomics has been completely revised and updated This includes all existing third edition chapters plus new chapters written to cover new areas These include the following subjects Managing low back disorder risk in the workplace Online interactivity Neuroergonomics Office ergonomics Social networking HF E in motor vehicle transportation User requirements Human factors and ergonomics in aviation Human factors in ambient intelligent environments As with the earlier editions the main purpose of this handbook is to serve the needs of the human factors and ergonomics researchers practitioners and graduate students Each chapter has a strong theory and scientific base but is heavily focused on real world applications As such a significant number of case studies examples figures and tables are included to aid in the understanding and application of the material covered **F & S Index United States Annual** ,1994 **Ergonomic Workplace Design for Health, Wellness, and Productivity** Alan Hedge, 2016-08-05 Even with today's mobile technology most work is still undertaken in a physical workplace Today's workplaces need to be healthy environments that minimize the risks of illnesses or injuries to occupants to compete in the marketplace This necessitates the application of good ergonomics design principles to the creation of effective workplaces and this is the focus of this book This book will Focus on ergonomic design for better health and ergonomic design for better productivity Presents environments that support new ways of working and alternative workplace strategies as well as the impacts of new technologies Covers the role of ergonomics design in creating sustainable workplaces Includes ergonomics design for a wide variety of workplaces from offices to hospitals to hotels to vehicles etc Shows the design principles on how to design and create a healthy and productive workplace The market lacks an ergonomics design book that covers the topics that this book will cover This book summarizes design principles for practitioners and applies them to the variety of workplace settings described in the book No other book currently on the market does that Facilities Design & Management ,2000 **AT&T Toll-free National 800 Directory** ,1997 *Fundamentals of Occupational Safety and Health* Mark A. Friend, James P. Kohn, 2023-04-04 An excellent introductory reference for both students and professionals this completely updated eighth edition of Fundamentals of Occupational Safety and Health provides practical information on

technology management and regulatory compliance issues covering crucial topics like organizing staffing directing and evaluating occupational safety programs and procedures The book includes a handy directory of resources such as safety and health associations First Responder organizations and state and federal agencies The eighth edition of this go to reference work is easily comprehensible and is well organized giving readers a wealth of occupational safety and health information right at their fingertips *Home* ,1992 *BNA's Workers' Compensation Report* ,2000 **American Journal of Public Health** ,1998-07 *Thomas Register of American Manufacturers and Thomas Register Catalog File* ,2002 Vols for 1970 71 includes manufacturers catalogs Health, Sustainability and the Built Environment Dak Kopec,2008-08-28 With the emergence of sick building syndrome in the 1970s and the emphasis on LEED standards today interior designers are interested in the topics of health and sustainability Health Sustainability and the Built Environment examines the concept of sustainability as it pertains to sustaining human health By analyzing the many ways that humans interact with the built environment the text teaches students how to identify both the positive and negative effects that their designs can have on the health of the occupants *Encyclopedia of American Industries* ,1994 **Thomas Register of American Manufacturers** ,2002 This basic source for identification of U S manufacturers is arranged by product in a large multi volume set Includes Products services Company profiles and Catalog file *Computer Books and Serials in Print* ,1985 *Advances in Occupational Ergonomics and Safety ...* ,1998 **U.S. News & World Report** ,2000 Proceedings of the XIVth Triennial Congress of the International Ergonomics Association and 44th Annual Meeting of the Human Factors and Ergonomics Society Human Factors and Ergonomics Society. Annual meeting,2000 **Small Business Sourcebook** ,2005 A guide to the information services and sources provided to 100 types of small business by associations consultants educational programs franchisers government agencies reference works statisticians suppliers trade shows and venture capital firms *Encyclopedia of American Industries* Kevin Hillstrom,1994 This 2 vol edition is a widely acclaimed business reference which provides detailed comprehensive information on a wide range of industries in every realm of American business

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