

CREATE AN

Ergonomic Workspace

AT HOME

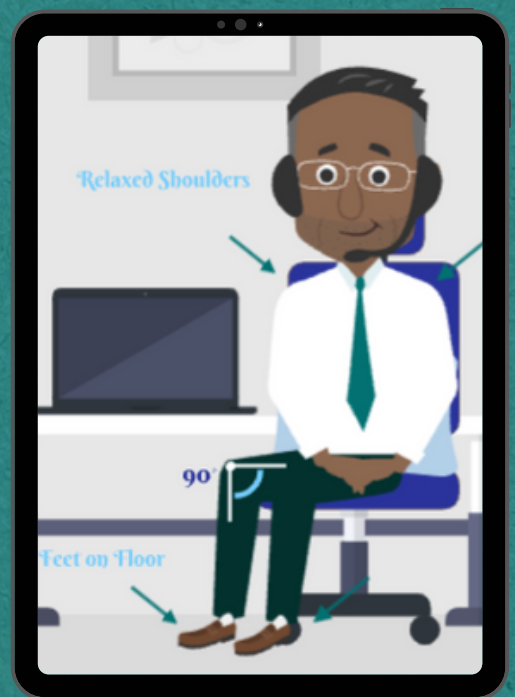


Separate Space

Find an area that can be a dedicated workspace separate from your sleeping or relaxing space.

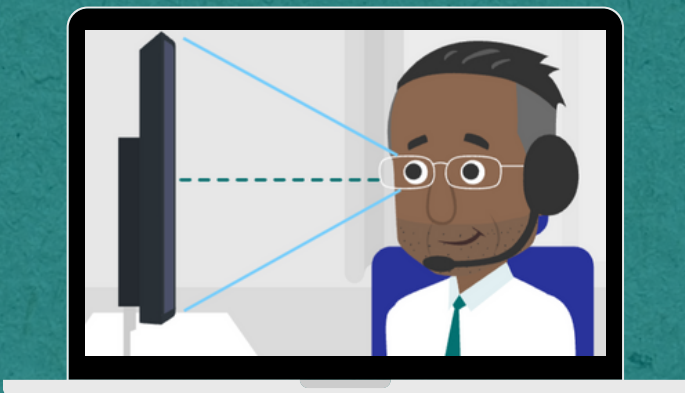
Sitting Position

Choose a comfortable chair with a back (lumbar support is a plus). Sit with your shoulders relaxed, feet flat on the floor, and knees at 90°.



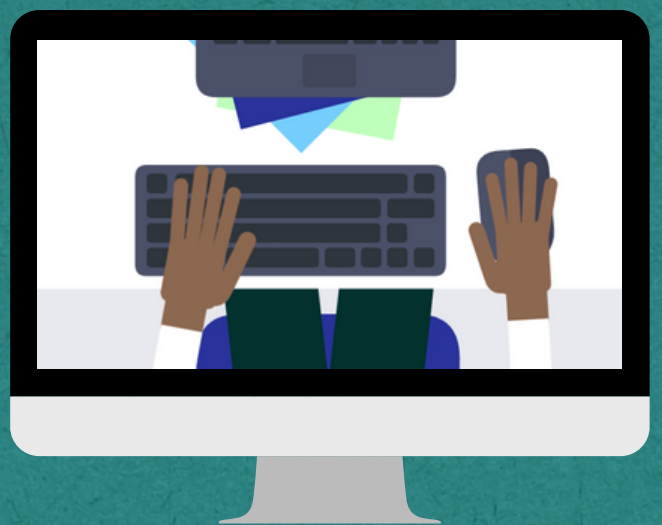
Monitor

You want your monitor to be arm's length away and at eye level. If you're using a laptop, raise it with boxes or books and use a separate mouse and keyboard.



Keyboard and Mouse

Position your keyboard and mouse so you can keep your wrist straight and relaxed.



Wrists and Elbows

Your wrists should also be parallel to the work surface and your elbows should be resting at your sides and at 90° angles.

