

Create an Ergonomic Workspace Script

[Two voices: Adult Male and Adult Female]

1.1 Intro

Without the proper setup, working from home can be a pain, but if you create an ergonomic workspace, you can make work-from-home work for you.

1.2 Hank's Home: Exterior

That's the last thing on the agenda.

1.3 Hank's Home: Interior

And just in time, too. My back is killing me.

Hank, part of the problem is where you are working.

1.4 Couches and Beds

Couches and beds are not workspaces.

1.5 Work from Home, not from Bed

Being in bed tells your body that it's time to rest.

1.6 Separate Workspace

You need to have a place that is just for work and separate from your sleeping space. This will allow you to set up a workspace with ergonomics in mind.

1.7 What is Ergonomics?

What is ergonomics?

Ergonomics is the study of how a person and objects interact to make them work more efficiently and safely.

1.8 Create an Ergonomic Workspace at Home

Creating an ergonomic workspace can make working from home more efficient and give your back a break.

1.9 Seating is Important

Seating is important. You want to choose a chair that is comfortable and provides support.

1.10 Ergonomic Chair

It should have a back and, ideally, lumbar support.

1.11 Add a Pillow

Adding a pillow can also help.

1.12 Sitting Position

Sit with shoulders relaxed and with your feet flat on the floor. Your legs should make a ninety-degree angle at the knee.

1.13 Neck

Now that you have a proper sitting position for your back, let's help your neck.

1.14 Position Your Monitor Correctly

It is important to have your monitor positioned correctly to reduce neck tension and fatigue.

1.15 Arm's Length

You want your monitor to be an arm's length away. You can either move closer to the desk or move to monitor closer to you.

1.16 Eye Level

You want your monitor to be at eye level when you are looking straight ahead. This neutral position will reduce neck tension.

1.17 Laptop Height

If you are using a laptop, you can raise it to the correct height using boxes or books. Remember, you want the monitor at eye level.

1.18 Keyboard and Mouse

You will definitely want to use a separate keyboard and mouse if you are raising your laptop.

1.19 Desk Height

Lastly, let's look at the desk. You want your desk to be at the height of your elbow when sitting.

1.20 Neutral Wrist

This will ensure that your wrists can be in a neutral position parallel to the desk surface.

1.21 Elbow Angle

Finally, make sure your elbows are resting at your side and that they make a ninety-degree angle, just like your knees.

1.22 Review

Let's review. You want a separate workspace with a comfortable chair with a back.

Sit with your shoulders relaxed, feet on the floor, and knees at 90-degree angles.

Position your monitor so it is at arm's length and eye level.

Use books or boxes to raise your laptop and use a separate keyboard and mouse.

Your wrists should be in a neutral position and your elbows should be at 90-degree angles at your sides.

1.23 Summary

Working from home doesn't have to be a pain. With the right equipment and a little adjustment, you can make your space work for you and feel energized and pain-free.