



Good work postures are key to good health, comfort, and productivity – no matter where you work. Good ergonomics & safety are extra important because the injuries and illnesses that occur as a result of working from home are work-related and fall under workers compensation laws.



Achieve a good seated posture

- Sit back and slightly recline
- Feet should be supported
- Thighs parallel to the floor
- Do not hunch forward over a lap- or desktop computer.

Computer monitor height

- Eye level for regular vision
- Slightly lower for progressive lenses

Use a decent chair

- Padded
- Adjustable armrests
- Independent seat pan and backrest
- Put padding on a hard chair



Use a separate keyboard and mouse to improve shoulder, arm, and back postures

- Keyboard about elbow height
- Shoulders relaxed and wrists straight



Dangers for children and pets

- Wires & cables
- Staplers
- Paper shredders



Take periodic breaks

- Stretch and walk around
- Keep "normal" work hours
- Turn off the computer at end of the work day.



IN PAIN?

WE CAN HELP!

QP3 ErgoSystems offers independent, remote video assessments of workstations, coaching for better posture, and recommendations for simple improvement. Visit qp3ergosystems for more information or call (847) 921-3113.