

Working from Home Best Practices

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.

Use a decent chair

- Padded
- Adjustable armrests
- Independent seat pan & backrest



Achieve a good seated posture

- Sit back & slightly recline
- The feet should be supported
- Knees 90-degrees
- Thighs parallel to the floor
- Do not hunch forward over a laptop computer and monitor



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

- Keyboard about elbow height
- Shoulders relaxed & wrists straight



Keep the monitor(s) about eye level

Keep the monitor(s) lower for progressive lenses

Be aware of dangers to pets & children

- Wires & cables
- Staplers
- Paper shredders

Stretch during the day and take periodic breaks away from your desk

Ask for help if you have pain or discomfort

