Ergonomics for Working Remotely

The same ergonomics principles that are applied to a traditional office, should be applied at home in a designated workspace. The body functions best when it is in a neutral posture— located around the joint's midrange of motion for most body parts. A posture significantly outside this neutral range, is inefficient and requires muscles to work near their maximum capacity which may result in fatigue.

Comfort Tips for Computer Users at Home

It's important to apply good ergonomic practices, even when not in a traditional office environment. Ergonomic risk from working at a computer can be reduced with proper posture, good work habits, and appropriately adjusted equipment. The following tips should help minimize potential risk factors and maximize your personal comfort.

Table/Desk
- Use a desk between 28-30 inches in height
- Allow for adequate leg room with a minimum of 18-inch depth and 24-inch knee width
- Desks should provide depth to place the monitor at least 18-20 inches from the user
- If a desk is not available, use a dining table with a height adjustable chair
- Refrain from using lap desks for long periods of time
- Refrain from working off of a kitchen countertop
- Refrain from sitting on the floor and working

Chair
- If possible, use an adjustable chair with the following features:
    - Pneumatic height adjustment
    - Lumbar back support
    - Height adjustable seat back with locking function
    - Adjustable depth seat pan
    - Padded armrests that are height and depth adjustable with rounded edges (Optional)
- Consider sitting on a small, moderately firm pillow in order to place the seated elbow height at the level of the keyboard and mouse
- A thin pillow can be used to provide additional support to the lower back
- Refrain from sitting on very soft couches; they do not support the body evenly during extended sitting
- Stand, stretch, and/or walk after sitting every two hours

Keyboard/Mouse
- Utilize an external keyboard and mouse when using a laptop for prolonged periods
- Ensure the mouse is next to the keyboard
- Ensure that keyboard and mouse cord length are adequate and free of tangles
- The keyboard and mouse should be near the edge of the table
- Avoid planting the wrists during keyboard and mouse use
- Use a small rolled up towel as a palm support when typing

Monitor
- Position the monitor directly in front of the body at roughly arm's length away
- Dual monitors should be positioned at more than an arm's length and positioned in an arc
- Large monitors should also be positioned at more than an arm's reach