



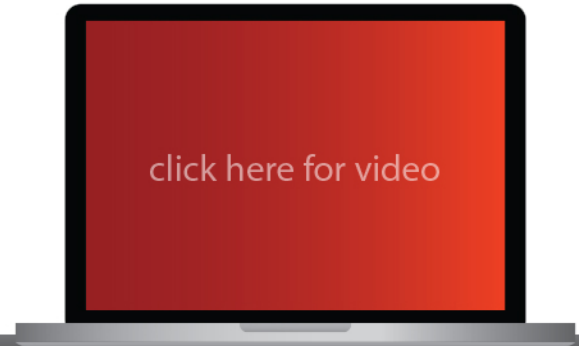
Some of you are familiar with a dedicated home workspace, but for many this is a new idea. Here's some great info that will help you work with proper ergonomics in mind.



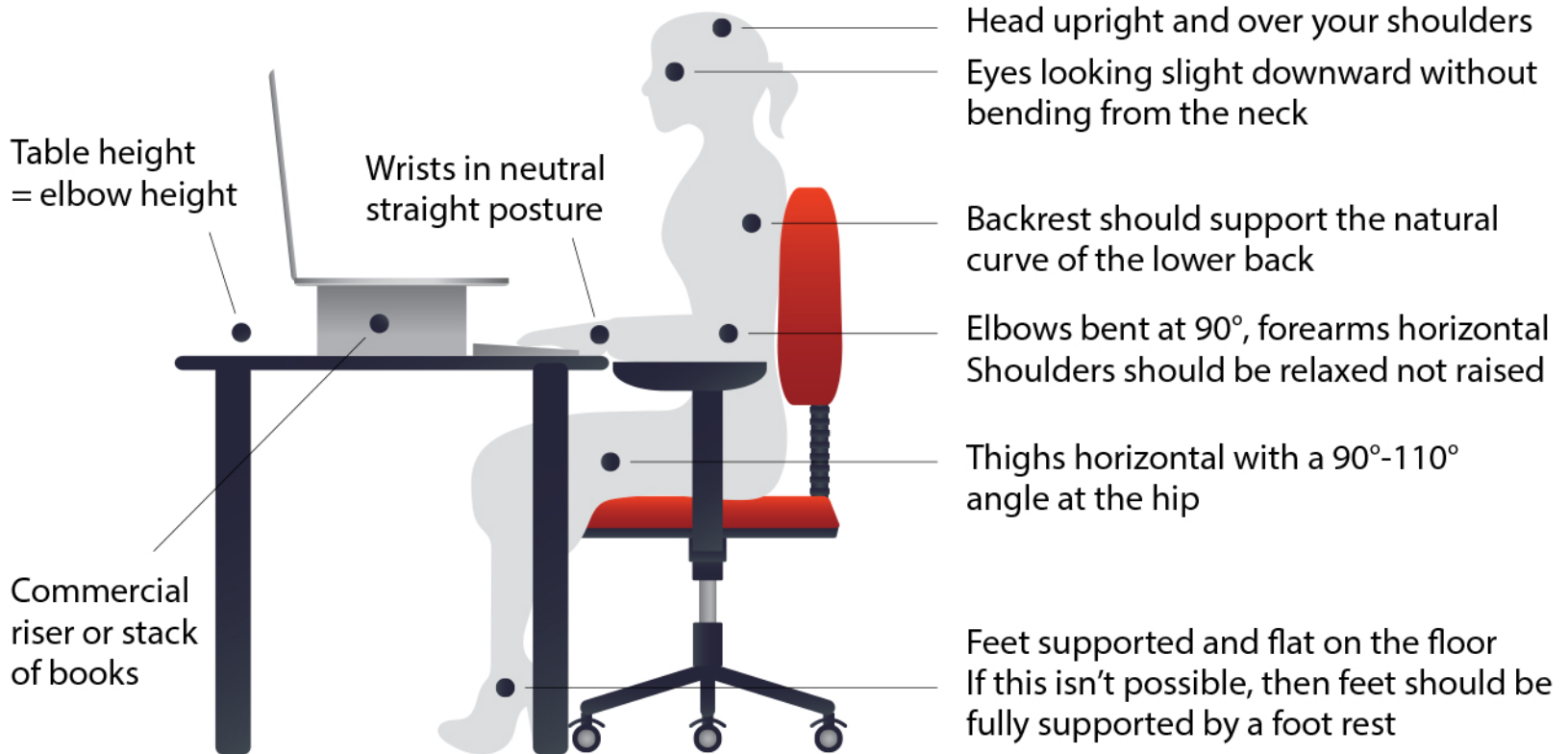
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## Ergonomics @ Home

- Place laptop on a commercial riser or a stack of books
- Plug in an external keyboard and mouse
- Add a larger external monitor if possible
- Adjust workspace chair so feet are firmly planted and you are seated properly



# Good Posture @ Home



# Time Spent Working @ Home

Regardless of how good your working posture is, working in the same posture or sitting for long periods is not healthy. You should change your working position frequently throughout the day.

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- Stretch your fingers, hands, arms, and torso
- Stand up and walk around frequently
- Every 20 minutes, look at an object 20 feet away for 20 seconds to relieve eye fatigue
- Perform some of your tasks while standing: phone calls, computing, and reading



# Good Working Positions @ Home

- Keep frequently used items close to you
- Use keyboard shortcuts to reduce mouse use
- Use the speaker setting on your phone to avoid cradling between your head and neck
- Make sure lighting levels are adjusted for differing tasks

# PTP @ Home

- Posture
- Time
- Position

[OSHA Guide for Computer Workstations](#)



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