



## Working from Home Ergonomics

### What are some ergonomic tips for setting up a home office?

A home office should meet the same health and safety standards as those available at work. For example, you should make sure that:

Your desk, chair and other accessories are of a comparable (equal) quality to that in the office. For example: the desk should be appropriate height and sturdy enough to handle the weight of any peripheral equipment that you may place on it (e.g., computers, printers, fax machines, scanners, etc.).

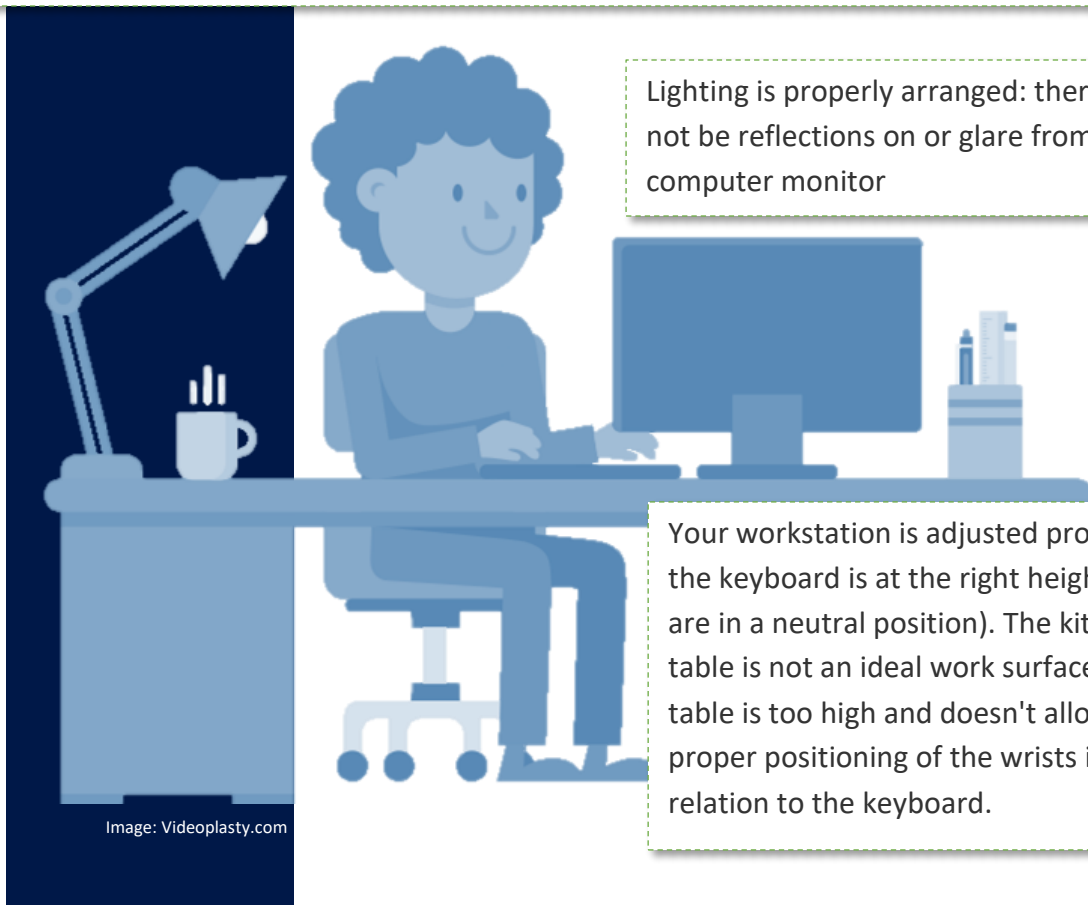


Image: Videoplasty.com

Lighting is properly arranged: there should not be reflections on or glare from the computer monitor

Your workstation is adjusted properly: the keyboard is at the right height (wrists are in a neutral position). The kitchen table is not an ideal work surface as the table is too high and doesn't allow for proper positioning of the wrists in relation to the keyboard.

### Here are three more resources to help you work comfortably, and safely, at home.

Teleworking- <https://www.ccohs.ca/oshanswers/hsprograms/telework.html>

Ergonomics – <https://www.ccohs.ca/oshanswers/ergonomics/>

Setting up your workstation: -

[https://www.wspcs.ca/WSPS/media/Site/Resources/Downloads/quick\\_steps\\_for\\_setting\\_up\\_your\\_temporary\\_laptop\\_workstation.pdf](https://www.wspcs.ca/WSPS/media/Site/Resources/Downloads/quick_steps_for_setting_up_your_temporary_laptop_workstation.pdf)