



STAY HOME STAY ERGONOMIC

Work From Home (WFH) is a new normal for many people during this ever changing and challenging time. Many of us will find ourselves searching at home for a comfortable location to perform our normal job tasks. Taking the time to create a good WFM environment is an important step. Sometimes the space within the home is limited to a kitchen counter or maybe a dining room table. If you do have an office chair it may not be adjustable. When you set up your WFH environment, try to implement ergonomic basics.

Ergonomics is about fitting the tasks being performed to the capabilities of the person performing them. To this end, key ergonomic concepts can be summed up with one word 'N-E-W'. Remembering this acronym will help people working at an office or home maintain productivity and remain on the preventative side of ergonomics.

N – Neutral Posture: Attain a proper posture while performing sitting or standing work; a neutral seated posture should include sitting with the neck straight, shoulders straight down loosely at the sides, elbows at a right angle, wrists straight, low back supported on the back rest of the chair, 90° at the hips, 90° at the knees, and feet flat on the floor or on a footrest (use a box or books).

E – Eye and Elbow Height: Whether seated and standing – ensure that the keyboard (ASDF home row) and mouse are positioned at the elbow level. The top of the monitor or laptop screen should be at or slightly below eye height. If working from a laptop use an external keyboard and mouse. If that's not available consider raising the laptop when reading and lowering it when keyboarding.

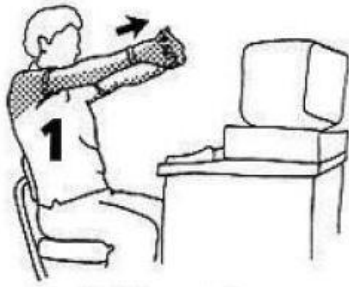
W – Work Area: Keep items that are used often in the primary work zone (the area when elbows are at the sides and the hands are moved side to side), keep items that are used less often in the secondary work zone (area within the outstretched arms). In the office, the keyboard and mouse should be in the primary work zone, centered with the user and the monitor or laptop screen.

It is important, especially now, to invest in yourself and take the time to practice micro pauses throughout your workday. I've attached some quick back stretches that may be helpful. Print them out and keep them nearby your new workspace to remind you to take that much needed micro pause.

While this new working environment may be in place for a moment, it is temporary, and we need to stay focused on the positive light at the end of the tunnel. I hope everyone stays safe and well during this time. Please know RESIG is here to assist you during this challenging time. If you have questions about ergonomics please reach out to me via email at:

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BE SAFE AND BE WELL



10-20 seconds
2 times



10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



8-10 seconds
each side



8-10 seconds
each side



10-15 seconds
2 times



Shake out hands
8-10 seconds