



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:

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



Video calls can be exhausting. Especially when they are long or frequent.

To avoid video fatigue:

- Avoid Multitasking during the video call – focus on the call you are attending
- Build in Breaks – give yourself time in between video calls to walk around, stretch, get a glass of water, etc.
- Reduce On-screen Distractions by turning off your own camera if possible, applying a background to limit visual distractions, etc.
- Move Back to Old-Fashioned Phone Calls or Email

You can check out this link for more information and tips on this topic: [Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected - Mindful](#)

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.).

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.

Image: Videoplasty.com