

# ERGONOMICS For Working Remotely

Having a sore back? Feeling more fatigued?  
Having headaches frequently?

Try below tips to set up an effective ergonomic home office!

Paying attention to your work environment at home, your desk setup and work activities is an important part of good home ergonomics. Having a comfortable work station setup improves your focus and productivity. It also prevents any unnecessary strains or injuries.



**1** Have a dedicated work space. Avoid working on the bed or sofa as they don't support the best posture and can cause back strain

**2** Have your chair and desk set up at the right height. This will allow your forearm to rest comfortably in horizontal position. An adjustable chair will make this process easier

**3** Place your monitor at an arm-length distance from yourself and at your eye level to avoid neck strain. Have the monitor directly in front of you

**4** Make sure there is space under your desk for your legs to move freely

**5** Have proper lighting (natural/artificial) with minimum glares and shadows to reduce the risk of eye strain and headaches

**6** Use headsets/hands-free phone options if possible. If you have to use a hand phone, hold it in your non-dominant hand. Avoid cradling your phone between your shoulder and head

**7** Avoid sitting down for a long period of time. Take a 5-10 minute break once every hour. Step away from your screen, stand up and do stretches

A bad work station setup can affect different parts of your body

The average adult now spends **50% - 70%** of the day **sitting at work**

Poor ergonomics can lead to development of **Work-related Musculoskeletal Disorder (WMSD)**

It is one of the most common work-related health issues in every industry.

