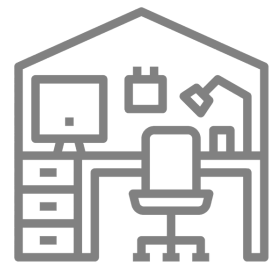


SIMPLE STEPS TO ERGO YOUR HOME

Make your home office feel great



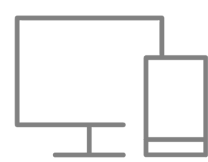
1 CLAIM YOUR SPACE

Make sure to create a separate and distinct work space in your home, even if it is in the corner of a room. This can do wonders for your concentration, privacy and overall working mind-set.



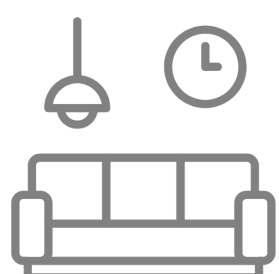
2 KEEP THINGS CLOSE

Keep your keyboard and mouse (as well as your phone, tablet, notebook and any other desktop items) as close to you as possible and at or slightly below elbow height. You can adjust your chair with pillows if you need extra height.



3 WATCH YOUR SCREENS

Prop your screens up (including monitors, laptops, tablets and phones) so that you can keep your head and neck upright and balanced. In other words, keep screens at or slightly below eye level to avoid slouching.



4 ARE YOU A COUCH SLOUCH?

When you work on your couch, take a moment to make sure your back is supported and that you use your laptop a lap desk (purchased or makeshift) to keep from slouching.



5 HOME MADE ERGO

Ergonomics at home doesn't have to be fancy or even store bought. Here are some household items that can serve you well!

- Ironing Board = Sit Stand Desk
- Notebook Binder = Lapdesk
- Pillows = Back Support
- Books = Monitor / Laptop Riser
- Soft Music = Concentration