



WFH ERGO TIPS


HOME ESSENTIALS

- ✓ Establish daily routine
- ✓ Make sure you are connected 
- ✓ Establish at work and off work hours


CLAIMING YOUR SPACE

- ✓ Find a flat surface to work on
- ✓ Choose a quiet space 
- ✓ Limit Distractions


SITTING

- ✓ Feet on floor or foot support
- ✓ Back supported
- ✓ Shoulders open 


STANDING

- ✓ Sit and stand throughout the day
- ✓ Mind your posture 
- ✓ Try standing or walking meetings


MONITORS & SCREENS

- ✓ Eyes level with top 1/3 of screen
- ✓ Arm's distance away 
- ✓ Center your screen(s)


KEYBOARDS & MOUSE

- ✓ Keyboard at or below elbow height
- ✓ Keep mouse close 
- ✓ Elbow close to sides

PRODUCTIVITY TIPS

- ✓ Work in 60 - 90 minute intervals
- ✓ Take frequent breaks 
- ✓ Stretch throughout the day

SELF-CARE

- ✓ Get 7 - 8 hours of sleep
- ✓ Exercise 3 - 4X per week 
- ✓ Eat a healthy diet