

"For safety's sake—do something."

Ergonomics at Home

Working from home can have a lot of benefits like not having to sit in traffic and having more time to spend with loved ones. It can also create challenges as well. As you are working from home ask yourself: Is your work area safe and ergonomic? How do you keep from getting distracted? It may be time for an adjustment if you have noticed any new pain or discomfort.

Set up a separate office space: Use a space that's designated solely for work where you can focus on your work with minimal distractions. Working from your couch can create mental associations that keep your mind occupied with professional obligations, even during off-hours. Set up a desk and chair to separate the professional from the personal. Do your best to replicate your formal office. If you had a two-monitor set-up in the office, see if you can do the same at home.

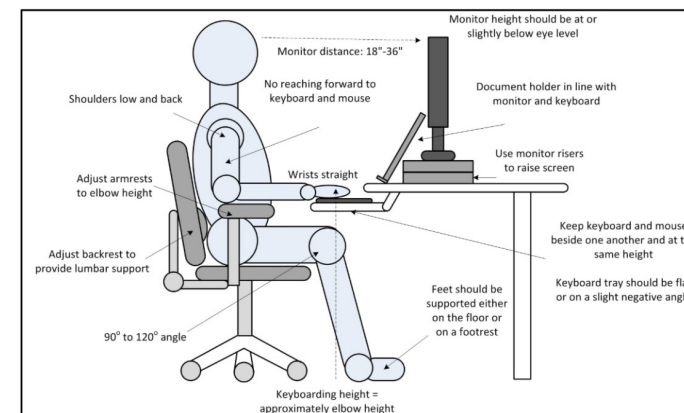
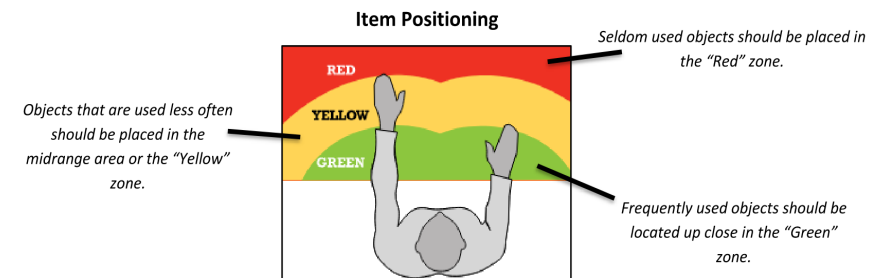
Get involved in a virtual community: It's important to have some social connection, even in the absence of coworkers. Maintaining healthy social connections improves your overall well-being and helps you stay motivated. Use your camera, be seen!

Stick to a work schedule: It can be tempting to wake up late and work at odd hours, but it will benefit your mental health and the quality of your work by setting a schedule as if you were going into the office. Then, stick to those hours.

Make a stoplight for family members: Hang or tape colored construction paper on your office door. Tape the red light up when you cannot be disturbed, and the green light when it's OK to come in. A yellow light means to check first.

Just move: Consider a lunchtime walk. Getting out during the day has a positive impact on your productivity. Sometimes a change of scene can help break the deadlock in certain types of work. Walk up and down the stairs or get the mail, but move.

Ergonomic Workstation Set-Up: Do your best to get your home workstation as ergonomic as possible. Below shows some examples of how an ergonomic workstation should be set up. Please visit the SSOE Ergonomic Hub on the intranet for more tips.



Safety Scott says,
"Safety always is
ALWAYS!"