

Top 3 Tips for an Ergonomic Home Workspace

You can be just as comfortable in your home workspace as you are at the office by using these *three easy tips*.

1

SIT UP COMFORTABLY

Choose a chair that elevates you enough so your elbows and keyboard are at the same height. Your torso and thighs should be at a 90-degree angle with your feet on the floor or supported by a stool. For additional comfort, try using a small pillow or rolled towel for lumbar support.



2

ELEVATE YOUR TECHNOLOGY

Whether you're using a laptop, monitor, or both, make sure they're positioned an arms-length away and elevated so you're looking comfortably at the upper 3rd of the screen. A monitor arm makes adjusting your screens easier and saves valuable desk space.

3

DON'T FORGET HAND POSITION

Keep your hands flat and wrists elevated by positioning your keyboard and mouse as close to your body as possible. You might try using a palm support or a "vertical" mouse which helps keep your hand and wrist aligned more comfortably.



BONUS TIP: MOVE!

Sitting for long periods is stressful to the body no matter how ergonomically correct your posture is. Set regular reminders every hour to stand, stretch, or take a short walk.

WORK-FROM-HOME SOLUTIONS

by Novus + Dahle

We've hand-picked monitor arms, lighting, shredders, and more from Dahle and Novus that enhance your ergonomic comfort, install easily in small spaces, and ensure document security at home.

To learn more, visit www.NovusOffice.com/Work-From-Home