THE ERGONOMICS OF WORKING FROM HOME

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MAKE THE ADJUSTMENT

Working from home is not for everyone, but following a few simple tips can make the transition easier.
DEDICATE A SPACE FOR AN OFFICE

• Don’t turn the couch or easy chair into your office.
• Try your best to dedicate an office space and set up a workstation.
THE WORKSTATION

Find a desk or table where your screen can be directly in front of you and your knees have plenty of room to fit under the work surface.

Look for a space with plenty of natural lighting, but watch out for the glare.
WORKING FROM YOUR LAPTOP

Many of us are used to two or three screens so working from a laptop or tablet can prove challenging.

Elevate your screen so the first line of text is equal to or slightly below eye level.

Using a separate keyboard and mouse will allow the screen to be elevated.
THE CHAIR

• If you’ve got a gamer in the house, then you are in luck. A gamer’s chair is the perfect chair for sitting in front of a screen for longer periods of time.

• Try to use a chair that is height adjustable. Elbows should be at 90 degrees to the keyboard and your feet should not dangle.

• Chairs with back support and arms are the preferred choice.
MAINTAIN COMMUNICATION AND COLLABORATION

• Zoom meetings are great for social distancing but make sure you take the time to talk to your colleagues.

• Set up a zoom meeting for brainstorming ideas or just to catch up.

• Check in with your friends and colleagues- we are not on an island it just feels that way.

• Reach out to someone if your are having issues with working from home. If they do not know, they cannot help.
• Keep clearly defined working hours, which will allow those in the household to know when your working. Distractions can cause stress!

• Create a routine by getting up, getting dressed and going to work.

• Take frequent micro breaks, which does not mean surfing the internet; Get up and walk around!

• Drink plenty of water.

• Do some stretching exercises.
STRETCHING REDUCES STRESS AND STRAIN

• Don’t forget to stretch! Sitting at a desk for a prolonged period of time can cause muscle pain and tension.
• The internet is full of great stretching exercises.
• Try googling “office stretches”, “desk stretches”, and “ergonomics stretches” and identify what exercise is right for you.