



Create a Real Office Feel at Home with 3 Top Ergonomic Tips

You can be just as comfortable working from home as you are at the office!

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.

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