

ERGONOMICS WHEN WORKING FROM HOME

1

CHOOSE A SUITABLE SPACE

When deciding where to setup your home office, you should consider choosing a space with natural light, and somewhere that can be blocked off from the other areas of the house where you usually spend your down time. Separating your work space from where you spend your free time will assist you in maintaining a healthy work-life balance.

2

SET UP YOUR WORKSTATION

There is a lot to consider when setting up your home work station. For instance, ensuring your monitor screen is at eye level, and using a separate keyboard and mouse (rather than the laptop mouse-pad) will improve your productivity, and will not leave you feeling stiff from maintaining poor posture all day. Here are some resources with tips to consider about your work station setup:

[Setting up your desk ergonomically](#)
[Working from home during COVID-19](#)
[How do I set up a work station at home?](#)

3

STRETCH

Whether you are working or studying from home, chances are you are spending most of your day sitting down. It is important to give yourself a break and incorporate stretches into your day in order to avoid tension and stiffness. Below are links with great stretches that you can do at home:

[6 stretches to fix desk posture](#)
[Work and study isolation stretches](#)

4

GIVE YOUR EYES A BREAK

Our eyes are not designed to stare at a screen all day. To avoid straining your eyes and getting headaches, it is recommended that you take a 20/20/20 break- every 20 minutes shift your eyes to look at an object 20 feet away (6 metres) for 20 seconds. Below are some useful resources on how to reduce eye-strain:

[Back-to-the-office eye health guide](#)
[Digital eye strain- what is it and how to avoid it](#)
[How to avoid eye strain while working at home](#)



5

ADDITIONAL RESOURCES

[Working from home ergonomics video](#)
[Tips to stay healthy and productive](#)
[Working from home wellbeing tips](#)
[5 key ergonomic tips](#)



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[CWGPCP COVID-19 Resources](#)