

That Feels Better: Ergonomics for Your Temporary Home Office

Due to COVID-19, your living rooms, bedrooms and dining tables have all been your everyday workstations for almost an entire year. While you're getting the work done, you might find your workstation a literal pain in the neck – and back!

Watch this webinar to learn how to make your home office ergonomic so you can work comfortably and prevent injury.

In this webinar, you'll learn

- Tips to create an ergonomic at-home workstation
- Risk factors and solutions to prevent injury
- How to make adjustments for comfort in any room
- Receive a workstation checklist to keep you feeling good

About your presenter

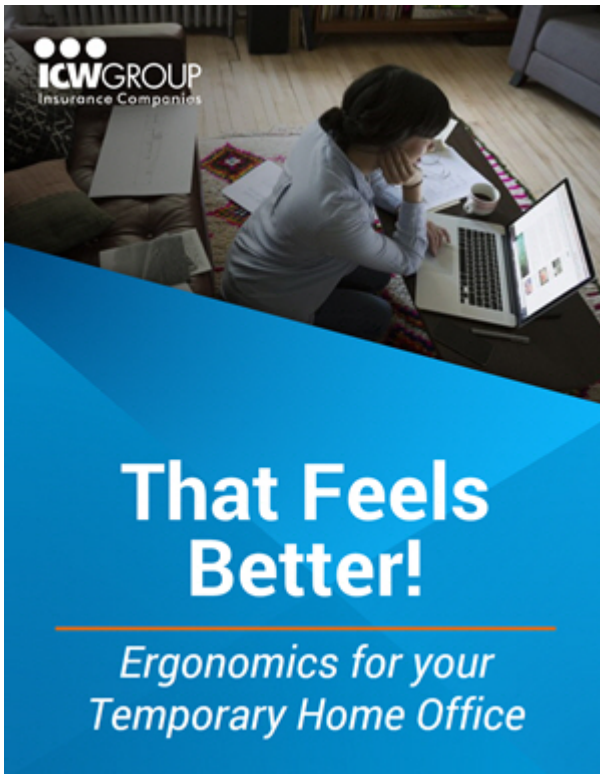
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Download these helpful ergonomic resources for your home office

That Feels Better Presentation



View the “That Feels Better” webinar slides in PDF format

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Computer Workstation Checklist: At Home Edition

AT HOME EDITION
Computer Workstation Checklist

Instructions: Find the best place to use as your computer workstation. While sitting in your working position, use this checklist (or have someone help you) for the best ergonomic setup!

#	Do you have a good-quality environment?	Yes	No
1	Work area is adequately lit.		
2	Loud or excessive noises are kept to a minimum.		
3	You can control your climate settings and adjust if necessary.		
4	Surfaces are anti-glare or non-reflective.		
5	The area allows sufficient space for your knees and feet.		
6	The area accommodates for you, whether you are left- or right-handed.		

Ideas: Use desk lamp for lighting, cut down noise by closing door, find roomier area.

#	Are you sitting in your “best” posture?	Yes	No
7	Thighs are horizontal.		
8	Lower legs are vertical.		
9	Feet are flat on the floor or on a footrest.		
10	Wrists are neutral, not bent vertically or horizontally.		
11	Arms and forearms are at right angles or slightly greater.		
12	Elbows are close to the body.		

Ideas: Find pillow to sit on, small box to elevate screen, place box on floor for your feet.

#	What are you sitting on?	Yes	No
13	The chair adjusts easily.		
14	The chair has a padded seat with a rounded front.		
15	The chair has an adjustable backrest.		
16	The chair has a supporting back and provides lumbar support.		
17	The chair has casters.		
18	The chair has armrests.		

Ideas: Sit on pillow to cushion chair or raise your position, support back using firm pillow.

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Use this checklist at home for your best ergonomic setup.

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Computer Eye Strain: At Home Edition



Do you spend most of your time at work in front of a computer monitor?
You may be at risk for eye strain – even at home!

Eye Strain Causes

- **Position:** Monitors placed too close, too far away, or at an angle to your field of vision, makes it difficult to focus.
- **Brightness:** Screens that are too bright or too dim, and high/low contrast images and text, can lead to eye fatigue and dryness!



Solutions

Follow ergonomic best practices when positioning your computer screen:

- **Height:** Your eye level falls within 2" – 3" of the top of the screen.
- **Distance:** The screen should be 16" – 28" away from your eyes.
- **Position:** Place your primary monitor directly in front of you.
- **Lighting:** Position your monitors perpendicular to the strongest source of natural light (check for bright windows). Ensure any artificial light sources are overhead or to the side of monitors.
- Be sure to adjust your monitor's brightness and contrast to a comfortable level for your home office.
- Remember to take breaks. This allows your eyes to focus on other objects vs. your monitor screen.
- Break up long periods of computer work with other duties. This may be hard when working from home, but consider conducting regular phone calls and other work tasks not requiring your computer screen.

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Tips to avoid computer-related eye strain when working from home.

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Stretching: At Home Edition



Do you spend most of your time at work in front of a computer, sitting?
At home especially, we forget to get up and stretch!

Why stretch?

- Stretching is useful for both injury prevention and injury treatment.
- If done properly, stretching increases flexibility, this can directly translate into reduced risk of injury. A muscle/tendon group with a greater range of motion will be less likely to experience tears when used actively.
- Stretching is thought to improve recovery and may enhance athletic performance.
- Stretching improves your balance, coordination, and circulation. This increases blood flow to your muscles often speeding the recovery process after muscle injuries.
- Flexible muscles can improve your daily performance in tasks such as lifting and bending.
- Stretching promotes better posture. Frequent stretching keeps your muscles from getting tight, allowing you to maintain proper posture and minimize aches and pains.
- Stretching can relieve stress by relaxing the tense muscles that often accompany stress.
- Stretching before work tasks helps you focus on working safely.

Stretching safely:

- Stretching should be a key part of your exercise program.
- Stretching before physical activity will prepare your body.
- Stretching after your work promotes better range of motion of your joints.

When stretching:

- Follow the instructions of your medical care provider!
- Stay within your comfort range! Expect to feel some tension when stretching. If you feel pain, you've gone too far.
- Move slowly and support your body.
- Hold each stretch for 10-15 seconds.
- Breathe freely as you hold each stretch; try not to hold your breath.

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Stretching ideas for working at home, with photo images.

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Take an Ergo Stretch Break: At Home Edition



Note: If you have had any recent health problems, injury, or surgery, or if any of these actions cause you any pain, consult a health professional before starting this program.

Finger and Wrist Flexor Stretch



1. Straighten your elbow with palm up.
2. Point your fingers toward floor.
3. Use your other hand to gently pull down in your palm and fingers.
4. Hold for 10 - 15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or go back to the previous step.

Finger and Wrist Extensor Stretch



1. Straighten your elbow with palm down.
2. Bend your wrist down and make a gentle fist.
3. If you feel discomfort in the back of your hand, then relax your fingers.
4. Gently pull down on the back of your hand.
5. Rotate your arm so that your hand is pointing away.
6. Hold for 10 - 15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or go back to the previous step.

Illustrated instructions for stretching hands, wrists, hamstrings, back, and neck.

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