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

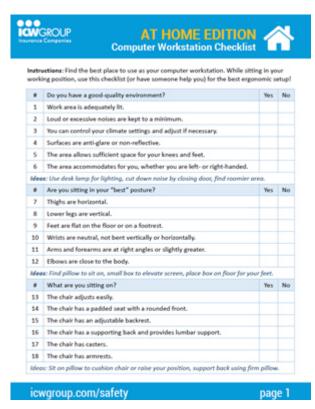
That Feels Better Presentation



View the "That Feels Better" webinar slides in PDF format

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Computer Workstation Checklist: At Home Edition



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.
- o 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



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

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