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

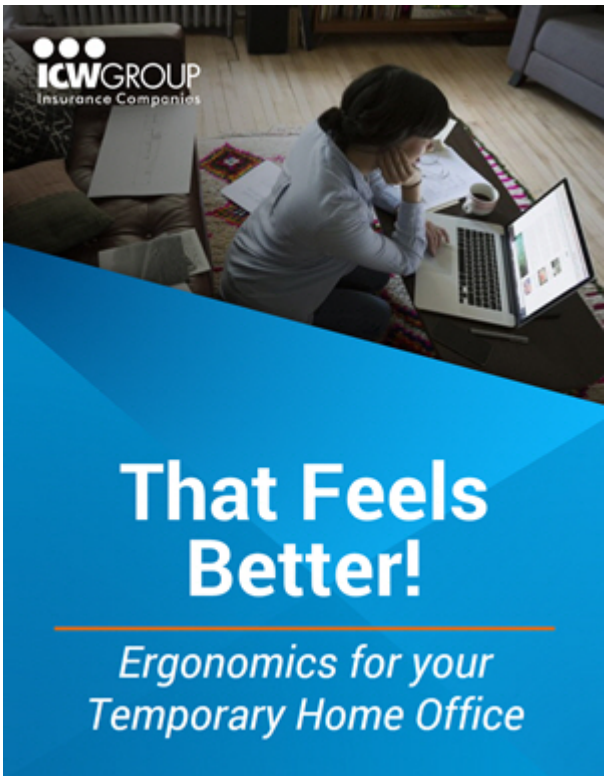
Brian Piñon, CSP, ARM

Brian Piñon is a Senior Risk Management Consultant for ICW Group Insurance Companies who specializes in Workers' Compensation. Mr. Piñon is a Certified Safety Professional (CSP), holds an Associates in Risk Management designation (ARM) from the Insurance Institute of America, and is a graduate of the University of California, Davis.

Connect with Brian on LinkedIn

Download these helpful ergonomic resources for your home office

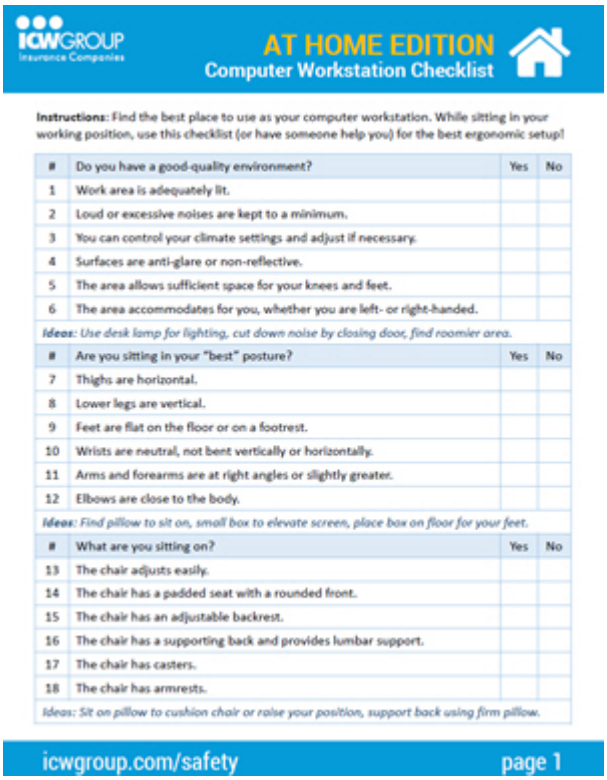
That Feels Better Presentation



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

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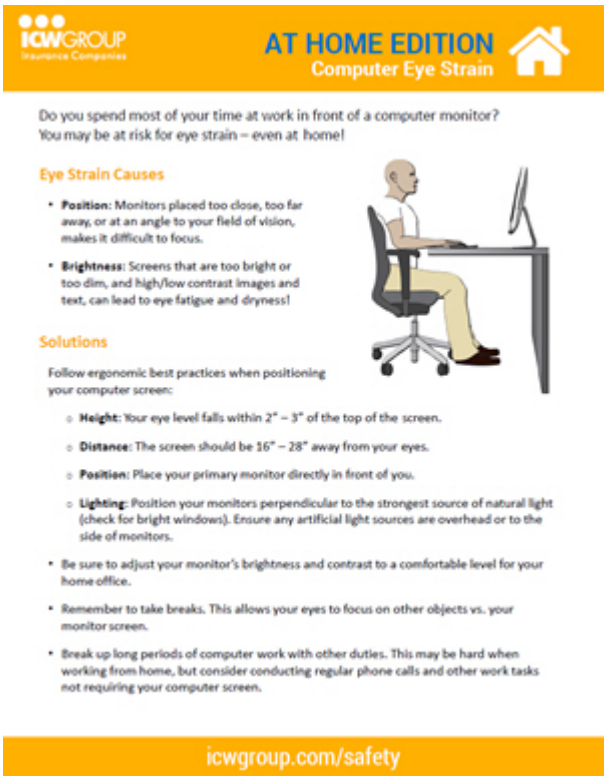
Computer Workstation Checklist: At Home Edition



Use this checklist at home for your best ergonomic setup.

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Computer Eye Strain: At Home Edition



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

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Stretching: At Home Edition



Stretching ideas for working at home, with photo images.

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Take an Ergo Stretch Break: At Home Edition



ICWGROUP Insurance Companies

AT HOME EDITION
Take an Ergo Stretch Break!

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.

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

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