

Best Tips To Setup Your Ergonomic Home-Office Space



Monitor

Adjust the monitor's distance and height. Monitor should be at eye-level.

Arms

Relax the shoulders. Forearms partially resting on table, parallel to the floor. Wrist should be relaxed and minimally bent.

Legs

Thighs should be parallel to the floor.

Feet

Place feet on a footrest if possible, else should be resting comfortably on the floor.

Chair

Should have backrest, and preferably armrests, with adjustable height.



Excessive glow or inadequate lighting may cause strain to eyes, headaches, blurred vision or migraines



You may use an alarm clock to remind you of getting up to move and stretch at regular intervals



If working on laptop, use external keyboard and mouse to adjust better