

Working safely at home

Are you sitting comfortably?

This chair is just right!

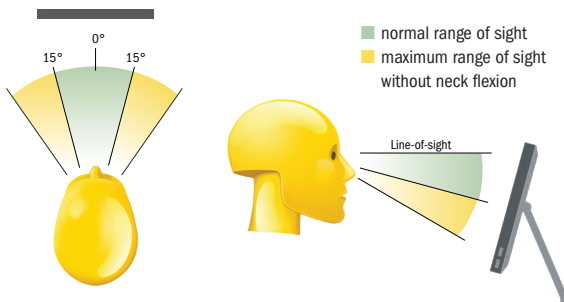
- Lumbar support
- Back rest
- Arm rests
- Adjustable
- Proper seat pan depth
- Thighs parallel to floor, knees at 90°



For more information about how you can set up your home workstation to safely support the work that you do, check out the **WCB's Office Ergonomics Resource Guide**

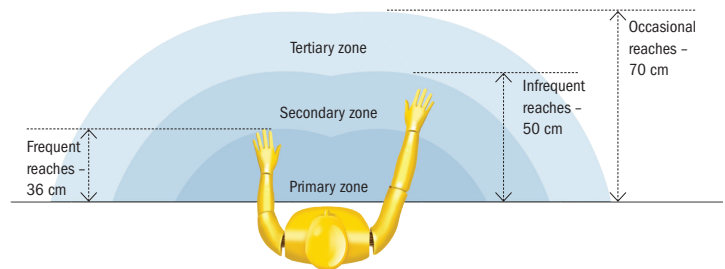
Keyboard, Mouse and Monitor Placement

- Arms and hands rest at 90°
- Top of monitor is at eye level



Workstation layout

- Ensure there is adequate legroom under table or desk
- Keep work materials within arm's reach
- Don't twist or lift to access documents



Practice the 20-20-20 Rule: Every 20 minutes, take 20 seconds and look 20 feet away.

Stay connected

- Call a co-worker for a virtual coffee break.
- Use social media to stay in touch with friends and family.



Take breaks

- Check your posture
- Stretch
- Stay active

