Good Ergonomics for Your Home Work Space

How to Set Up Your Work Station:

- **Screen Distance:** Arm’s Length Away (18-30”)
- **Head, Neck, & Eyes:** Avoid strain by keeping your screen at eye level
  *Connect a monitor to your laptop to use a dual screen while keeping your screen at eye level*
- **Back & Shoulders:** Use a chair with good lumbar support
  *Prop a pillow behind you for additional support*
- **Elbows & Forearms:** Rest on armrests at your side (about 90 degrees)
  keeping forearms parallel to the floor
  *Implement a lower keyboard option such as a lap desk or side table*
- **Wrists & Hands:** Keep a neutral wrist
- **Feet & Lower Limbs:** Flat on the floor, while keeping knees at hip level or below, and allow 1-2” of space between your legs and the seat for good circulation.
  *Utilize a foot rest if you find that your feet do not reach the ground*

Utilize a standing work station

- Use a tall surface such as a counter
- Wear shoes to support feet comfort
- Use a mat to add cushion while standing for long periods of time
- Keep your laptop at eye level, this can be done with a laptop stand or stack of books

Take a Break Every 30 Minutes for 10 Seconds!

- **Move Around**
- **Switch up Positions**
- **Correct your Posture if Needed:** Avoid crossing legs, pressure on elbows, and rounding shoulders
- **Avoid Eye Strain:** Minimizing screen glare and blink often, every 20 minutes give your eyes a break from looking at the screen, utilize additional settings (dark mode, brightness to match the lighting of your environment, and appropriate contrast)

For additional information on ergonomics you may visit the Occupational Ergonomics Lab at UWM located in NWQG419 or email pking@uwm.edu