

ERGO TOPIC:

Setting up a Temporary Home Office – Standing Workstation

Working from home and want to safely use a standing desk?

Use a counter or tall table, along with items already in your house to set-up a temporary standing workspace that is safe and supports smart ergonomics.

Standing

Alternate between sitting and standing at least 1-2 times per hour.

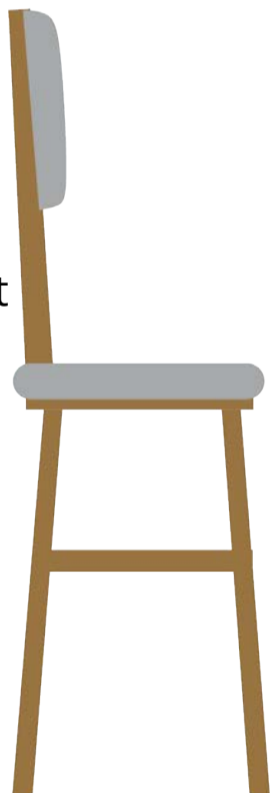
Keep head back, chin tucked, ears, shoulder, hips aligned.

Keep elbows at sides and flexed at 90 degrees.

Chair

Move workstation to traditional table and standard chair for ideal posture.

If using a tall stool, ensure it supports neutral spine, hip, knee and shoulder positions.



Feet

Wear supportive shoes. Avoid bare feet, sandals, or heels.

Limit static standing, use a footrest to shift weight. Use a sturdy box or reams of paper to support feet.

Laptop Riser

Ensure the top 1/3 of the screen is at eye level. Use a box or reams of paper to adjust the laptop height.

External Keyboard and Mouse:

Keep wrists straight and forearms/wrists floating. Use a mouse and external keyboard so the keyboard is at optimal height.

Ensure keyboard and mouse are on a stable surface.

Use a box or reams of paper to adjust device height.



Other Reminders:

- Limit total standing time each day to 30% of day.
- Stand no longer than 20 minutes at a time.
- Sit down when fatigued, uncomfortable, or legs, feet or low back have any discomfort.
- Use ear buds, headphones, or speaker to walk/stretch during meetings or calls.
- Do not begin a standing regimen without physician supervision for medical conditions or family history of cardiovascular diseases.