THAT FEELS BETTER!

Ergonomics for your Temporary Home Office

ICW Group Risk Management
TODAY’S SPEAKER

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ICW Group
TOPICS:
Ergonomic Risks
At-Home Workstations
Adjustments for Comfort
Locating Support & Resources
TOPICS:

Ergonomic Risks
At-Home Workstations
Adjustments for Comfort
Support & Resources
Who Manages Ergonomic Risks at Home?

Employees control their own comfort

- Need to recognize what causes discomfort
- Need to be able to adjust to relieve the discomfort
- Must own Breaks and Rest periods
What are the Risks?

- Awkward positions and postures
- Static positions and postures
- Repetitive motion
- Contact stress
What are the Symptoms?

- Numbness
- Tingling
- Soreness
- Feeling stiff, decreased range of motion
- Pain that worsens over time
- Burning sensation
Where are these Symptoms?

- Back
- Neck
- Legs, knees, ankles
- Arms, elbows
- Hands, wrists
- Head, eyes
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Achieve relaxed and neutral neck, shoulder, back and wrist postures

- Elbows hanging by your side
- Wrists at elbow height
- Wrist and hand straight for keyboarding
- Monitor at eye height when sitting
- Feet flat on floor or footrest
- Knees about same height as hips
Use household items:
- Boxes to elevate computer and monitor (use plugin keyboard and mouse)
- Pillows for low back support and to raise seated height
- Cover windows to minimize glare
- Box or other stable item as footrest

See checklist for ideas
In Summary...

- Once an hour - Stand up and move around your home
- Stretch often to relieve stiffness and discomfort
- Look away from monitors periodically to reduce eye strain
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ICW Group Policyholder Website!

Find all resources!

- Safety and Risk Management area!
- Safety Webinars
- That Feels Better! Ergonomics for your Temporary Home Office

icwgroup.com/safety
ICW Group Policyholder Website!

AT HOME EDITION

- Checklist for your home office setup
- Stretching
- Ergo Breaks
- Eye Strain

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THANK YOU!

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