RESOURCES FOR SETTING UP AN ERGONOMIC WORKSPACE AT HOME

How you set up your workspace at home has a significant impact on reducing the use of improper postures that can contribute to increasing the risk of injuries. If you are working from home, here are some ergonomics recommendations for you.

County Resource

Occupational Safety and Environmental Compliance- OSEC
  ▪ Ergonomics for Teleworkers

Additional Resources Online

How to Set Up a Home Workstation to Avoid Muscle Strain, Headaches, and Sore Eyes
  ▪ (Article - consumerreports.org)

Laptop Ergonomics - Basic Tips - Adult or Child Laptop Use at Home, Work or School
(YouTube Video - 2 min)

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