

Tips for Proper Ergonomics While Working From Home

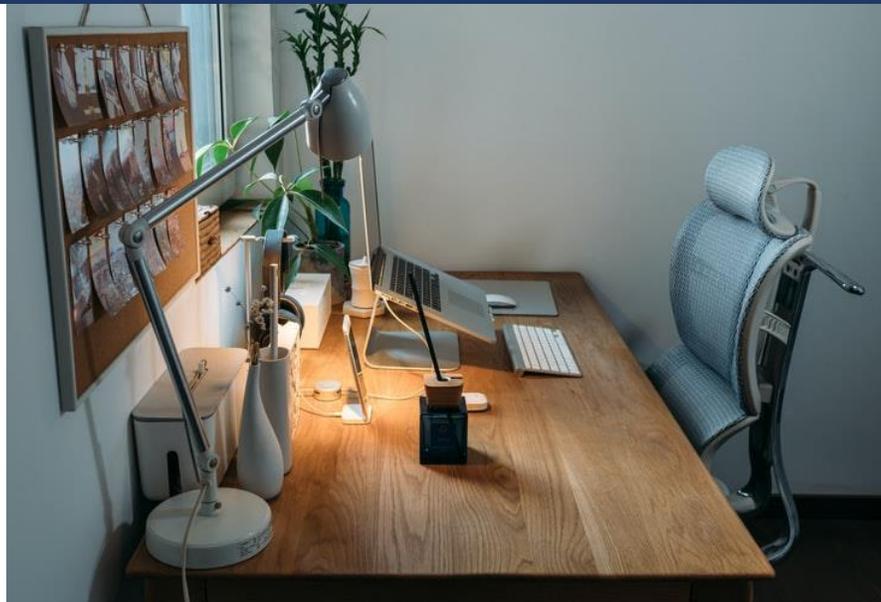
Avoid injuries or unwanted strains on your body by getting your at-home work station ergonomically set up!

Quick Check

- **Table/Desk:** Have enough knee clearance so your legs can be directly under your keyboard with feet flat. Knee should be bent at a 90 degree angle.
- **Screen:** Raise the top of your monitor to eye level or below.
 - If you can have a separate keyboard/monitor use it!
 - Keep your screen at least one arm length away from your face.
- **Seat:** Use an appropriate chair, where you can sit comfortably but also upright (i.e. not a couch).
 - Use a sturdy pillow if you need more spine support

Other Tips/Hacks

- Use a footrest or box to support legs from dangling.
- Wear comfortable shoes.
- Try standing on a kitchen mat.
- Use a pillow or wrapped towel for spine support.
- Every 20-30 minutes take a break from your screen and workspace by walking around your house for 2 minutes.



Other Resources:

[Creighton Safety/Environment](#)

[Mayo Clinic Work Station Tips](#)



Questions? wellness@creighton.edu