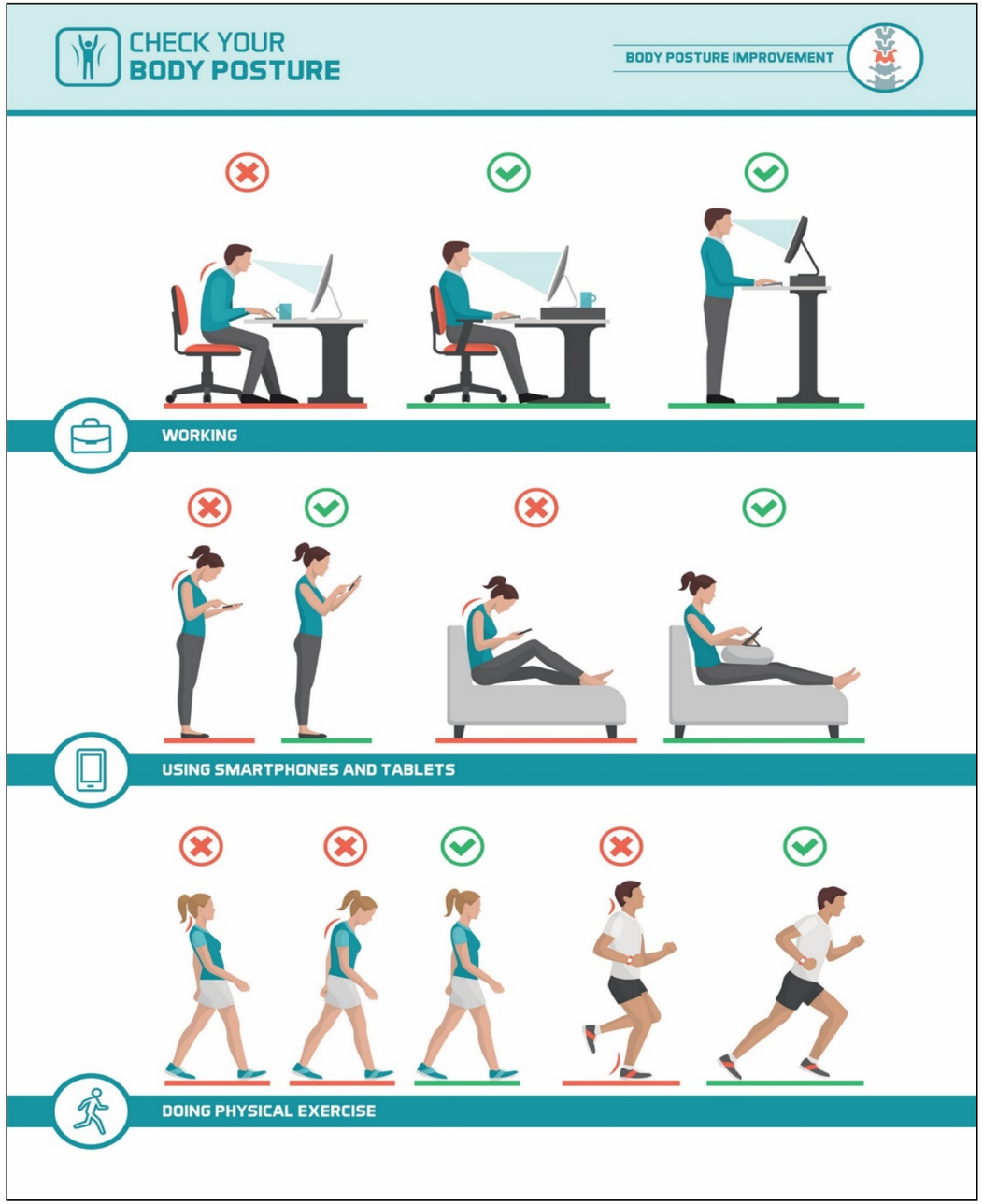
STAND UP FOR SAFETY

BONNEVILLE POWER ADMINISTRATION

How to Ergonomically Work from Home

In times like this, we all do what we can to help and support each other. The Safety Organization hopes you find this helpful.

The Goal – Neutral Posture



Common Ergo Issues

1. Chair is not comfortable or it's too high or too low

2. Work surfaces are not at the correct height

3. Monitor is a laptop and it hurts my neck

4. I need to stand and change my posture. How do I do that?

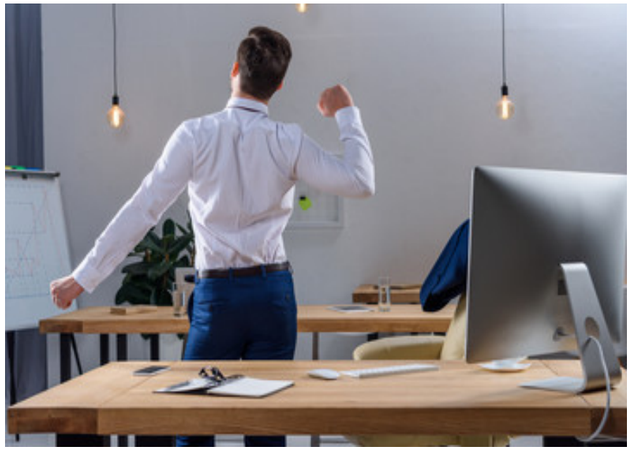
5. My wrist hurts from poor posture on the mouse

6. I need less distractions and noise

And these are just a few issues……..

Some Useful Suggestions

It's recommended switching positions frequently, moving, taking mini breaks every 20 minutes.



If sitting at a desk or table in a chair while using a laptop, raise the monitor and plug in an external keyboard and mouse.

Get the elbows a bit higher than the surface of the table or desk by raising the chair or sitting on flat pillows, folded towels, or folded blankets.

To raise the laptop monitor you can use books, reams of paper, boxes, waste basket, or a laptop stand if employee wants to purchase one.

If the chair armrests are hard you can use towels or something soft on armrests.

If the chair has a hard backrest or is too deep, you can use a pillow for back support.

If someone is sitting on the sofa using a laptop, you can use a pillow under the laptop, or the employee can purchase a lap desk.

If the legs are dangling, use a box, books for a footrest.

If someone needs to stand, he/she can stack books/boxes/ on kitchen counter for the laptop and put an ironing board in front of kitchen counter for the keyboard and mouse

Strains

The neck is strained to look at the low laptop screen and the table is too high. This causes a slumped over posture.

The Fix

We placed a cushion on the chair and used an upside-down basket to get the laptop up. We added an external keyboard. He was already using a mouse.

Neck Hurts? Raise the Laptop

Books, boxes, and reams of paper will work for raising the laptop to be used as a monitor. If you want something fancier, a laptop stand can be used.

When You Need a Lift

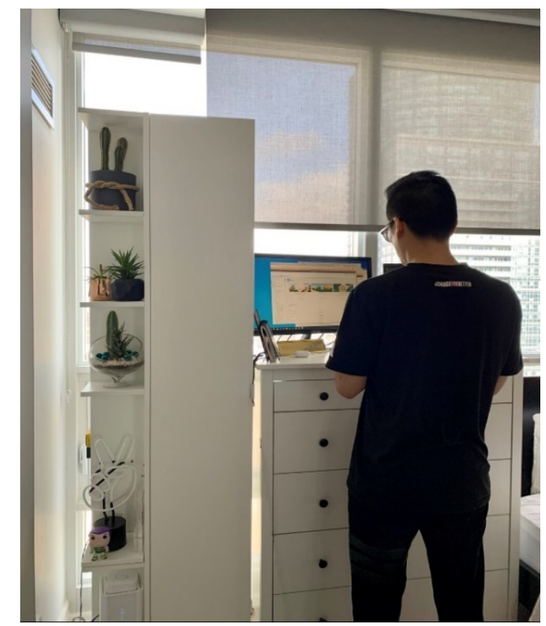
Use folded towels, blankets, or a flat pillow to sit on. A foam wedge pillow can also be used.

Sitting on the Bed or Sofa

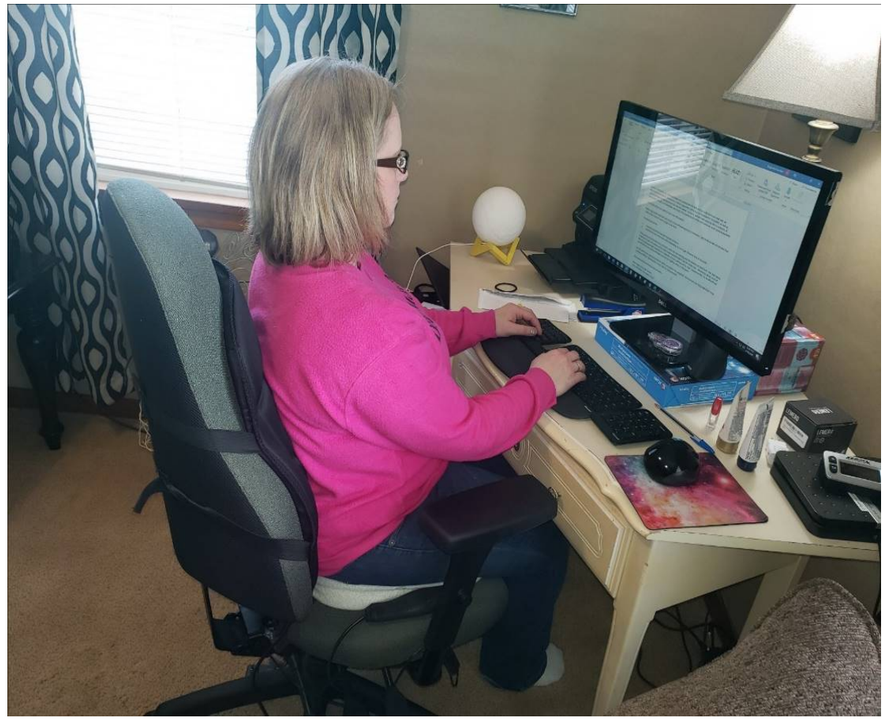
For short durations, it's fine to use a laptop while sitting on the sofa or bed. A pillow can be used. If you want something better, a laptop table can be used.

Be Creative to Find Ways to Stand

You can use an ironing board on the floor. You can also use the top of a dresser or a tall table.



Other Creative Suggestions



Distractions and Noise

Questions?