

REMOTE WORKSTATION SETUP

Workstation setup may present ergonomic challenges while working from home. Adjusting your workstation configuration will ensure optimal comfort and safety.

The full forearm support model is the “go to” configuration for employees working from home. It is simple, effective and can be used well with virtually any desktop or table. No additional equipment is necessary.

FULL FOREARM SUPPORT CONFIGURATION

In its most simple form, a workstation using the full forearm support set-up can be appropriately configured with three basic adjustments.

- 1** Adjust the chair height so that the knees, ankles and hips set roughly at 90 degrees and your feet flat on the floor or on a footrest. Footrests should be used only when absolutely necessary to support feet.
- 2** Rest forearms on the desktop with support up to the elbows and wrists straight.
- 3** Set the monitor distance and height so that you are facing straight ahead and your head is balanced directly over your shoulders. Push the monitor back as far as you wish, without having to lean forward to see it well.

