

# TIPS

# Ergonomics at Home



1

## Move Around

Take frequent micro breaks and alternate work duties.

## Set Your Chair

Thighs should be parallel to the floor and armrests at the height of your keyboard.

2



3

## Keyboard and Mouse

Bend elbows to 90 degrees and bring your keyboard and mouse under your hands.

## Monitor Height

The top of the screen should be at eye level.

4



5

## Work Free

Keep your space free from clutter and use a headset or speaker when talking on the phone.

**STATE**  
COMPENSATION  
INSURANCE  
**FUND**

**Safe At Work California**

For more information, visit  
[SafeAtWorkCA.com/teleworking-ergonomics](https://SafeAtWorkCA.com/teleworking-ergonomics)