

# Office Ergonomics: Working From Home

## Quick Workstation Setup Tips

Choose the best chair possible add pillows for extra support

Use external keyboard and mouse

Raise monitor to eye level

Keep feet flat on ground or on a foot stool



Many employees may be working from a couch, bed, or kitchen table which can increase the risk for injury as a result of awkward postures and repetitive contact stress. Without proper consideration of ergonomics in this setting, the risk of sustaining pain and injury (carpal tunnel syndrome, muscle strain, tendon injuries, computer vision syndrome, and low back pain) increase.

Fortunately, many changes to the temporary home office workstation can be very simple and have little to no cost. The Office of Risk Management Insurance [Ergonomics Program](#) is here to help and can still provide various ergonomic related services virtually/remotely.



Go to the [Ergonomics website](#) to access online training and request a virtual/remote office ergonomic evaluation

Colorado State University

Risk Management & Insurance

Ergonomics Program

### ERGONOMIC EVALUATIONS

We ***highly*** recommend that ***ALL*** employees working remotely on a computer from home, complete the online training – [How to Setup your Computer Workstation](#) and if more assistance is needed, request a [virtual/remote ergonomic evaluation](#).

All ergonomic evaluation services are ***free of charge*** to all CSU faculty, staff and students!

Main: (970) 491-2724

<http://rmi.prep.colostate.edu/ergonomics>