

HOME OFFICE ERGONOMICS IS THE KEY TO A HEALTHY OFFICE (AND HEAD) SPACE



If you're working from home, you may find that your home office just isn't cutting it. By prioritizing proper office ergonomics, not only will you feel more comfortable while working, you'll also have peace of mind knowing that you're taking care of your body and mind a healthy working environment.

SAY GOODBYE TO DESK PAIN WITH THESE HOME OFFICE ERGONOMIC TIPS

If you work behind a desk for extended periods of time, you might have experienced pain in your neck, back, wrists or fingers. However, you don't have to resign yourself to a career of discomfort. By following proper office ergonomics, you can create a comfortable, healthy workspace.

- **Chair:** Adjust your chair so your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor. Your arms should rest gently on the armrests with your shoulders relaxed.
- **Keyboard and mouse:** Position your mouse within easy reach and on the same surface as your keyboard. Keyboard shortcuts can reduce extended mouse use. Alternate the hand you use to operate the mouse when possible.
- **Phone:** If you frequently talk on the phone and type or write at the same time, place your phone on speaker or use a headset instead of cradling the phone between your head and neck.
- **Desk:** Make sure there's clearance for your knees, legs and feet under your desk. Use a footrest if necessary and pad the edge of your desk or use a wrist rest if it has a hard edge.
- **Monitor:** Place your monitor directly in front of you with the top of the screen at or slightly below eye level and the monitor directly behind your keyboard. Place your monitor so the brightest light source is to the side.

An ergonomically friendly office space can:

- Increase energy levels and productivity
- Improve focus and concentration
- Promote better sleep
- Lower the risk of long-term physical and mental health conditions
- Reduce muscle, joint and eye strain



Equipping yourself with the right tools

can change a basic home office into a brilliant base of productivity.

FROM BASIC TO BRILLIANT: SIX HOME OFFICE ADDITIONS YOU DIDN'T KNOW YOU NEEDED

Beyond the home office basics, there are some unique additions that can take your workspace to the next level. Treating yourself to these add-ons will not only boost your comfort but also reduce the risk of long-term health problems. Your body — and mind — will thank you!

- 1 Standing desk:** Alternating between sitting and standing reduces the risk of back pain, neck pain and other issues associated with prolonged sitting.
- 2 Ergonomic keyboard and mouse:** Ergonomic keyboards and mice are designed to reduce the strain that can lead to conditions such as carpal tunnel syndrome.
- 3 Footrest:** A footrest can alleviate pressure on your lower back and improve circulation in your legs, reducing the risk of blood clots.
- 4 Monitor arm:** A monitor arm allows you to adjust the height and angle of your computer screen, reducing eye strain and neck pain.
- 5 Air purifier:** Poor indoor air quality can have negative effects on your health, causing headaches, allergies and other respiratory problems.
- 6 Noise-canceling headphones:** Using headphones can help you stay focused and productive, even if you work in a noisy environment.

Sources: Ergonomics Health, Mayo Clinic, WebMD

Ergonomics 101: Take control of your home office health with HealthyBlue powered by WebMD

Improve your home office ergonomics by logging in to HealthyBlue and watching WebMD's recorded webinar on ergonomics. You'll learn about the risks of poor ergonomics and techniques to enhance your posture and prevent injuries.

Don't have a HealthyBlue account? Sign up through the BCBSND member portal. This resource is included in your health plan and offered to members and their dependents (ages 18+) **at no cost!**



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and environmental.



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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).
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