Computer Ergonomics at Home

When working and computing from home it is important to create a good ergonomic set-up. Follow the tips below to get started.

- Please take the online training and assessment "Ergonomics for Computer Users" through the UC Learning Center at this link: http://safety.ucanr.edu/Programs/Ergonomics/Ergonomic_Assessment/
- If you do not have a good computer set up at home or only a laptop, please consider taking your keyboard, mouse, and monitor home.
- This article will help you select a desk and chair to work safely at home. *Safety* Note #155 Home Office Safety: https://ucanr.edu/sites/safety/files/1404.pdf
- Please view this link https://safetyservices.ucdavis.edu/article/what-good-posture and verify your posture is ergonomically correct. Remember to think about and adjust you posture or computer set-up regularly.
- Take a look at this link https://safetyservices.ucdavis.edu/article/technology-tips-tricks-reduce-ergonomic-risk and find out about technology tips and tricks to improve ergonomics at your workplace or home.
- Remember to MOVE around every 20 minutes or so, take a two minute break. Get up, walk around, look at something else other that your monitor.

If you have any questions about or need help with your home computer set-up, please contact me at: daritz@ucanr.edu.