

Work at home in comfort and well-being!¹

ERGONOMICS.

The home office environment can encourage a more relaxed posture. But be careful: wrong posture, long periods of sitting, and repetitive body effort can damage your health.

As per the ergonomic guidelines for the home office published by the International Ergonomics Association, it is necessary to observe and make the following adjustments:



- The computer monitor should be at eye level or slightly below and between 50 cm and 70 cm away from the eyes. Do not bend your head to read or write, if necessary, place a book or other object underneath to raise the screen.
- The mouse and keyboard must be kept close to the body.

- The room needs to be very bright, but do not leave lights directly over your eyes, such as table lamps, which can obscure the view.
- Frequently used documents and objects should be at your fingertips. Have a small table or even a support bench next to it.
- When sitting, do not cross your legs, and let your feet rest on the floor. If your feet do not reach the floor, use a stack of books or a box to support them.
- The height of the chair should be the same distance between the knee and the floor. If the chair is not adjustable, it is worth improvising with cushions or a folded blanket to make the seat higher.
- The shoulders should be positioned slightly back, the spine should simulate a smooth "S", and never the shape of a "C".
- The arms should be at the level of the table.

It is also recommended to:

- Avoid night work.
- Establish clearly defined working hours, as well as mealtimes (adhere to normal working routines as much as possible).
- Take an 8 to 10-minute break every hour to stretch and relax your body and mind.
- Take care!

We wish to thank our colleague Patricia Pozzetti for submitting this article to the OIE News Team.

■ OIE In-house Times –29 May 2020