

Ergonomics Tips for Remote Work

If you are experiencing discomfort associated with telecommuting please notify your supervisor and complete Healthy Working Ergonomics online training through the LMS. After completing it, you will be contacted to discuss the results. You may contact the Ergonomics Program at ergonomics@ucop.edu.

How to Use These Fact Sheets

Telecommuting can be difficult during Safer At Home. The Telecommute Tips series of fact sheets provides in-depth suggestions on how to improve a variety of computer setups. Start by making one or two changes that best suits your home work area. You do not have to make sweeping changes all at once. Incremental change allows you to “test out” those changes and decide if more are necessary. Resolving discomfort associated with computer work can be tricky but by reviewing these fact sheets, and making a few changes over time, you will have an optimized computer workstation that reduces strain on the body and improves comfort.

[Ergonomics Tips for Remote Work](#)

[Work Surface and Monitor Heights](#)

[Stretch Break Programs](#)

[Helpful Keyboard Shortcuts](#)

[Sit Stand Best Practices](#)

[Remote Work Pre-Assessment Questionnaire](#)