



Everyday Ergonomics for Remote Workers and Virtual Learners

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Agenda

Home Office Expectations vs Reality



Work From Home Tips



General Ergonomic Principles



Examples of Modified Workspace and Virtual Learning Environments

WFH (Work from Home): A Global Shift

56% of total U.S. workforce (75 million workers) are now working from home.

50-75% will continue to work from home through 2020.

Many companies looking forward at change in mindset on WFH or hybrid models.



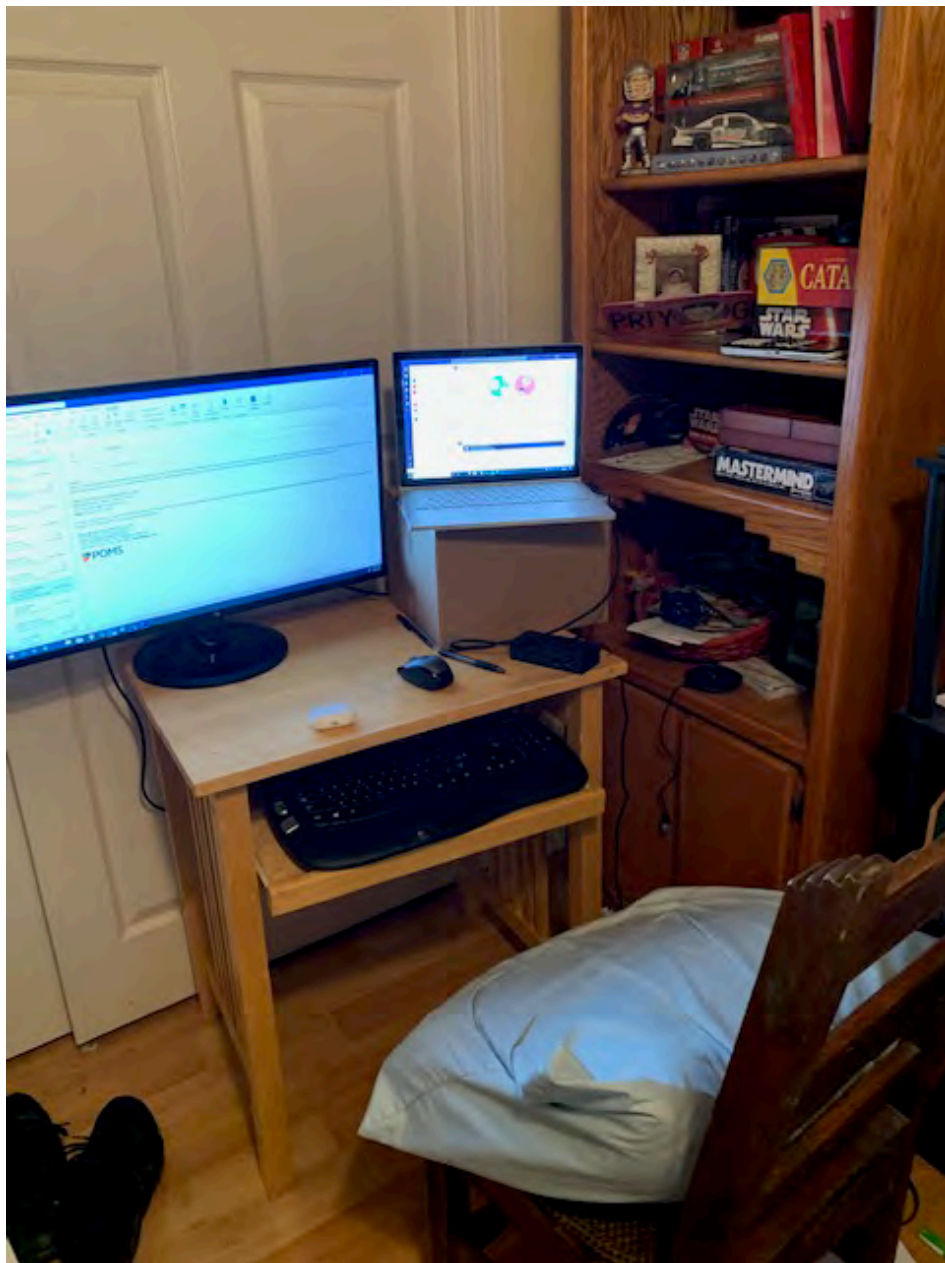
Source: <https://globalworkplaceanalytics.com/work-at-home-after-covid-19-our-forecast>

Home Office Expectations



Home Office Reality





Home Office Reality



General Work/School From Home Guidelines



Transition Time

Morning and end of day routines.
Take a walk outside or to a different room.



Cut yourself some slack

Self Care
Support System



Schedules

Ground Rules
"Office Hours"
Post the schedule
Schedule time for YOU



Ergo Breaks

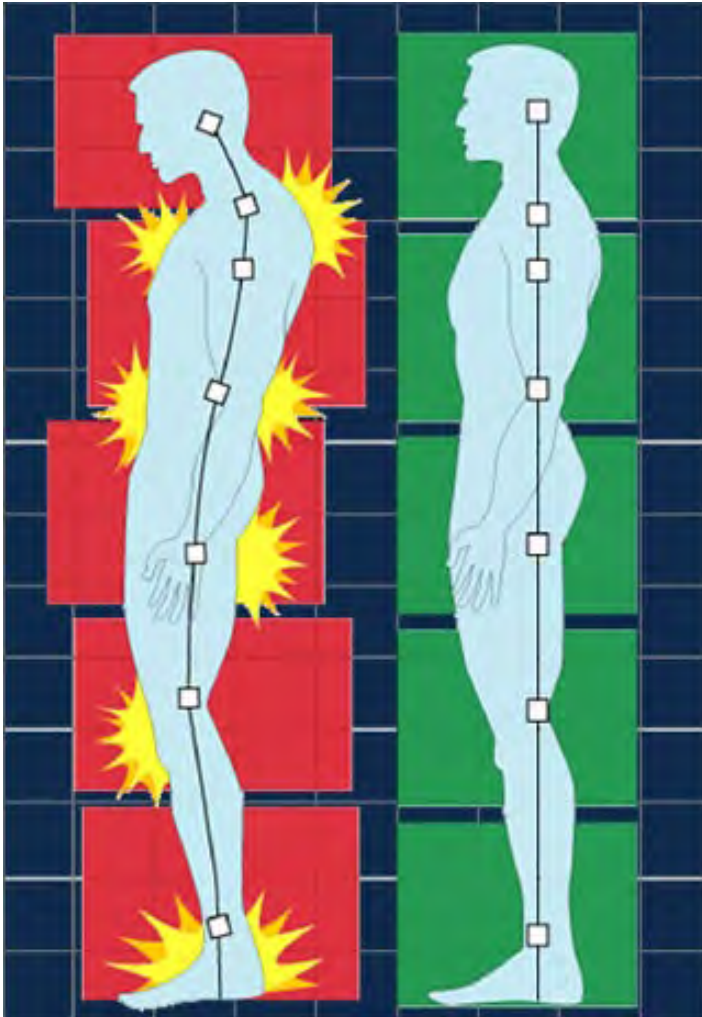
Set an alarm for a physical/mental break.
Be Creative



Dedicated Space

Organize
Shut it off

General Ergonomic Principles



Keep Neutral Postures

- Core 1st!
- Feet on Floor or supported
- Body aligned
- Work in front of you-no side twisting
- Back Supported
- Natural Curve of the Spine

Workspace setup for ergonomic success

- Does it fit you?
- Can you focus?
- Shift from reactive to proactive ergonomics.
You don't need all the gadgets!

Abnormal Postures Can Lead to Injury

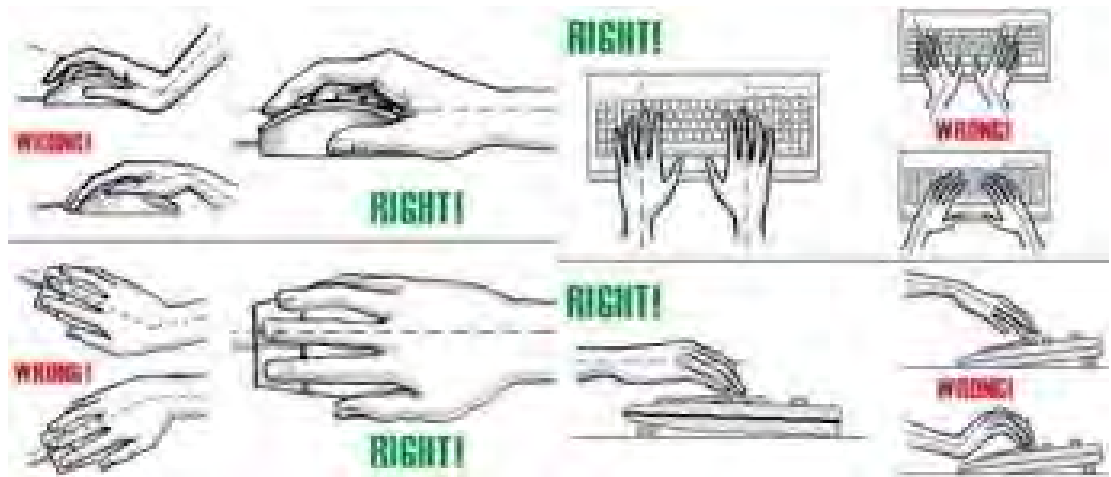


WEIGHT OF HEAD WHEN LOOKING DOWN AT A CELL PHONE



SYMPTOMS OF FORWARD HEAD POSTURE

- HEADACHES
- NECK PAIN
- PAIN & TINGLING IN THE ARMS
- NECK & SHOULDER MUSCLE
- TIGHTNESS
- FATIGUE



General Ergonomic Principles



General Ergonomic Principles/Workstation Setup

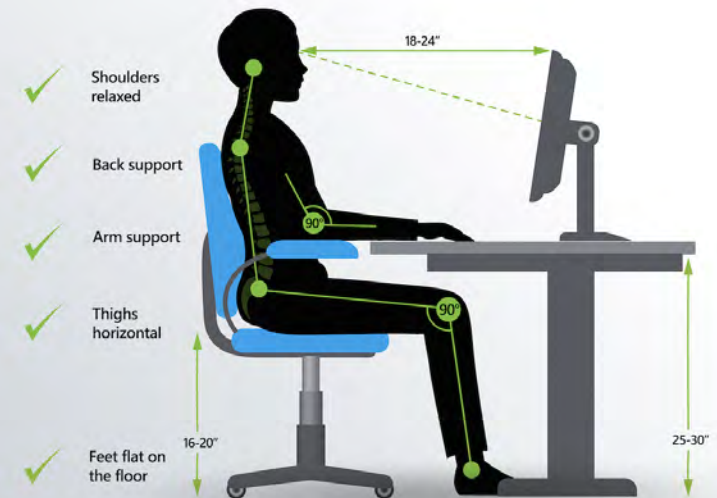
Are you working comfortably?

First, ensure your chair allows you to sit comfortably.
Then, set up your workstation to meet the following:



- 1 Eyes level with top of monitor
- 2 Monitor(s) about an arm's reach away
- 3 Straight view to main monitor
- 4 Wrists in a neutral posture
- 5 Legs about parallel with floor
- 6 Feet flat on floor (or on footrest)
- 7 Low back supported by seat backrest
- 8 Arms close to body at approx. 90°

CORRECT SITTING POSTURE



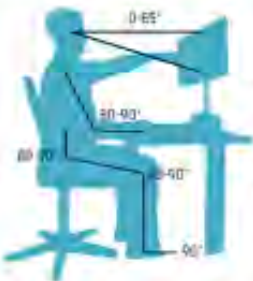
General Ergonomic Principles

ERGONOMIC SET UPS:



Standing

- Place the monitor at or just below eye level & keep your line of vision between 0 and 65°.
- Keep your upper arms close to your body & have your elbow bent at a 100° angle.
- Keep your head, neck, torso and legs in line with each other.
- Keep your feet flat on the floor and try to avoid putting all of your weight on one foot.



Sitting

- Place your monitor an arm's length away from you.
- Adjust your arm rests and chair height so that your elbows are bent at 90-90° and your shoulders aren't raised.
- Adjust your chair height and seat so that your hips and knees are bent 90-90°.
- Make sure you are sitting upright and that you have proper lumbar support.



Workspace

- Keep everything you use regularly within a close distance.
- The spacebar of your keyboard should be around 15mm away from the edge of your desk.
- Have the alphabetic section of the keyboard in front of you and the numeric section to the side.



Twisting at the waist

General Ergonomic Principles

What is good posture

- Children should be encouraged to Sit right and then write
- Knees, hips & ankles at 90 degrees
- knees comfortably under the desks
- Shoulders relaxed
- Arms resting comfortably resting on the desk
- Neck balancing lightly on top of spine and in the middle of the body

Sit right then write

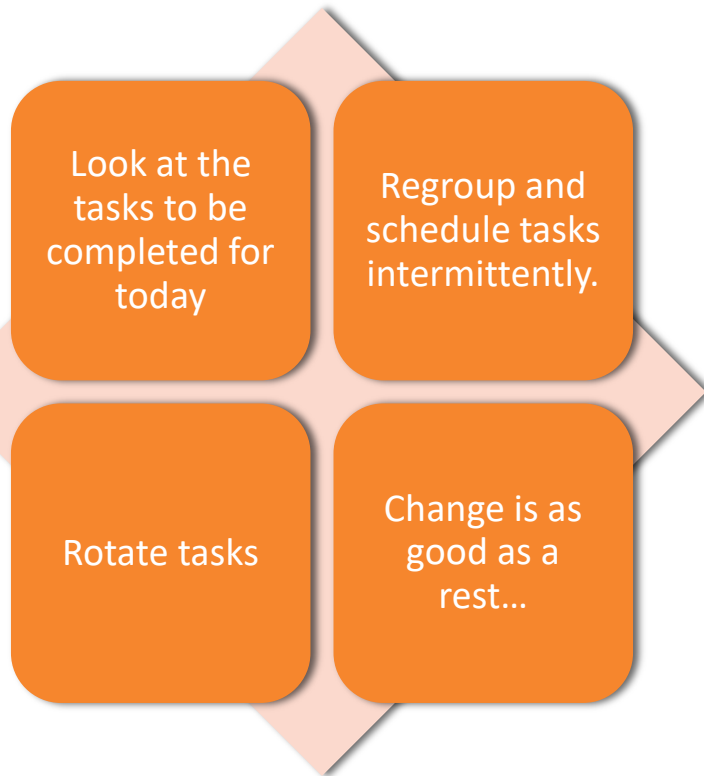


Movement breaks help with concentration. The body and mind do not perform well when kept in a static position for more than 25min.

Home Office Expectations /Reality



Job Task Analysis or Organizational Ergonomics



- Scenario:
 - 75 packets to prepare for a presentation.
 - 3 phone meetings
 - Review and finalize PowerPoint slides for presentation.
 - Email review and process.
 - Research alternatives to facemasks for children with sensory issues for report due next week.

Job Task Analysis or Organizational Ergonomics

715-745	Email Review (sit at computer)
750-820	Setup assembly line for presentation packets and initiate project (stand/move)
830-930	Review PowerPoint Slides (sit at computer)
930-945	Ergo Break/Stretch
945-1015	Zoom Meeting (sitting at computer)
1020-11	Process email (sit/stand)
1115-1145	Phone Meeting (walking)
12-1230	Lunch
1230-115	Research facemasks (sit at computer)
115-2	Finish packets (stand/move)
2-230	Zoom staff mtg (sitting at computer)
245-315	Email and plan for next day

Ergo Breaks

office yoga

DAREBEE WORKOUT
@ darebee.com

Hold each pose
for 20 seconds



cat stretch



lower back stretch



crescent pose



chair twist



upward salute



forward bend



20/20/20

TO PREVENT DIGITAL EYE STRAIN



AMERICAN OPTOMETRIC ASSOCIATION

General Ergonomic Work/Learn From Home Principles



Keep Neutral Postures

Core 1st!
Work in front of you



Workspace setup for ergonomic success

Proactive
Fit to your needs



Job Task Analysis

Rotate Tasks
Limit Repetition
Schedule for Success



ErgoBreaks

Stretches
20/20/20 rule
Leave the work area
Set timers



YOU

Valued
Needed
Appreciated

Home Hacks and Examples of Home/Virtual Learning

HOME WORKSTATION ERGONOMICS

- X No back support
- X Elbows stretched too far
- X No document holder
- X Eye strain

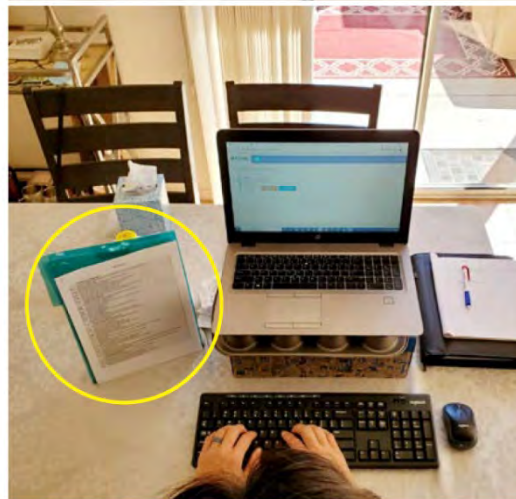
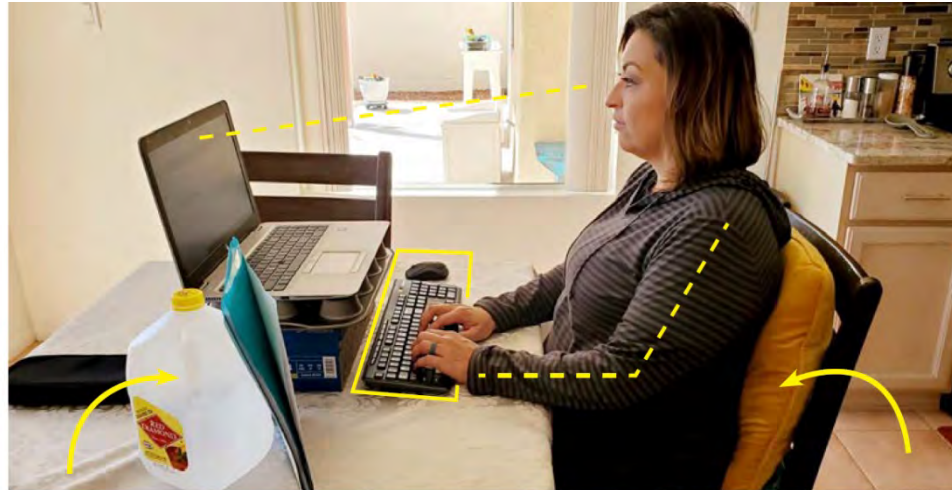


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HOME WORKSTATION ERGONOMICS

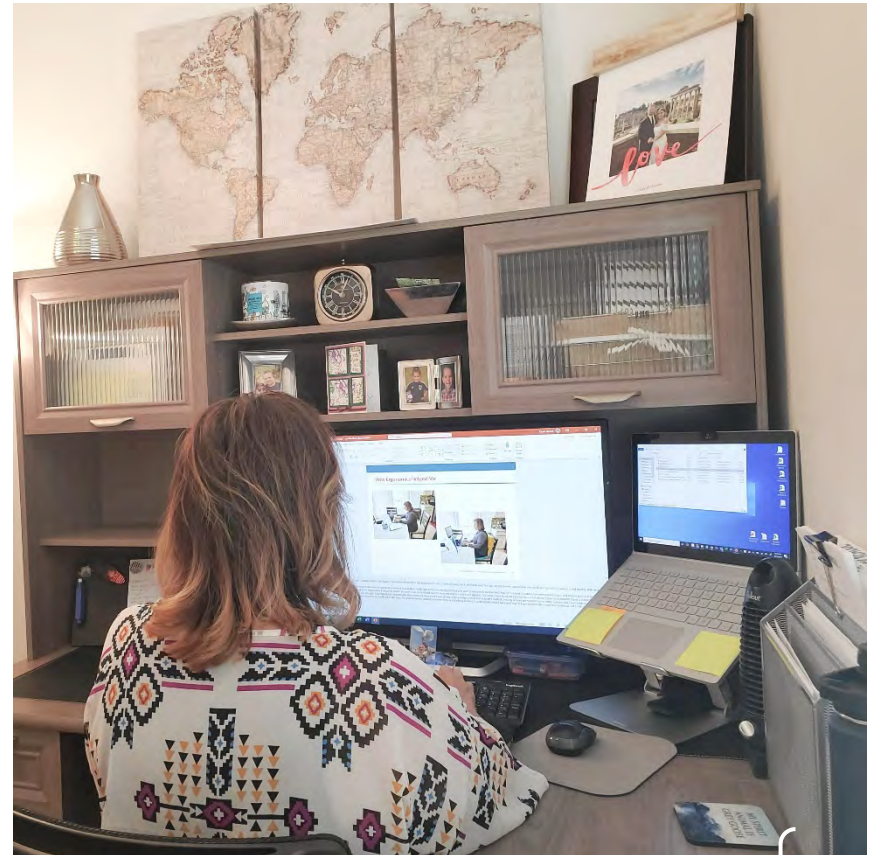
- ✓ Top of monitor at eye level or just below
- ✓ Backrest supporting lower back
- ✓ Elbows close to body and angled at 90-120 degrees
- ✓ Document holder
- ✓ Get creative with everyday household items!



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Workstation Setup





Arteck 2.4G Wireless Keyboard Stainless Steel Ultra Slim Keyboard for Computer/Desktop/PC/Laptop/Surface/Smart TV and Windows 10/8 / 7 / Vista/XP Built in Rechargeable Battery

★★★★☆ 2,204 ratings | 192 answered questions

Amazon's Choice for "keyboard slim"

Price: \$28.99 ✓prime

New (2) from \$28.99 ✓prime FREE Shipping

Specifications for this item

Brand Name	Arteck
Color	Black
Compatible Devices	Computer , PC , Desktop , Laptop , Surface



Microsoft Sculpt Ergonomic Wireless Desktop Keyboard and Wireless Mouse L5V-00001

by Microsoft

★★★★☆ 2,989 ratings | 345 answered questions

Was: \$132.69

Price: \$119.99 Prime FREE Delivery & FREE Returns

You Save: \$12.70 (10%)

Get \$70 off instantly: Pay \$49.99 ~~\$119.99~~ upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

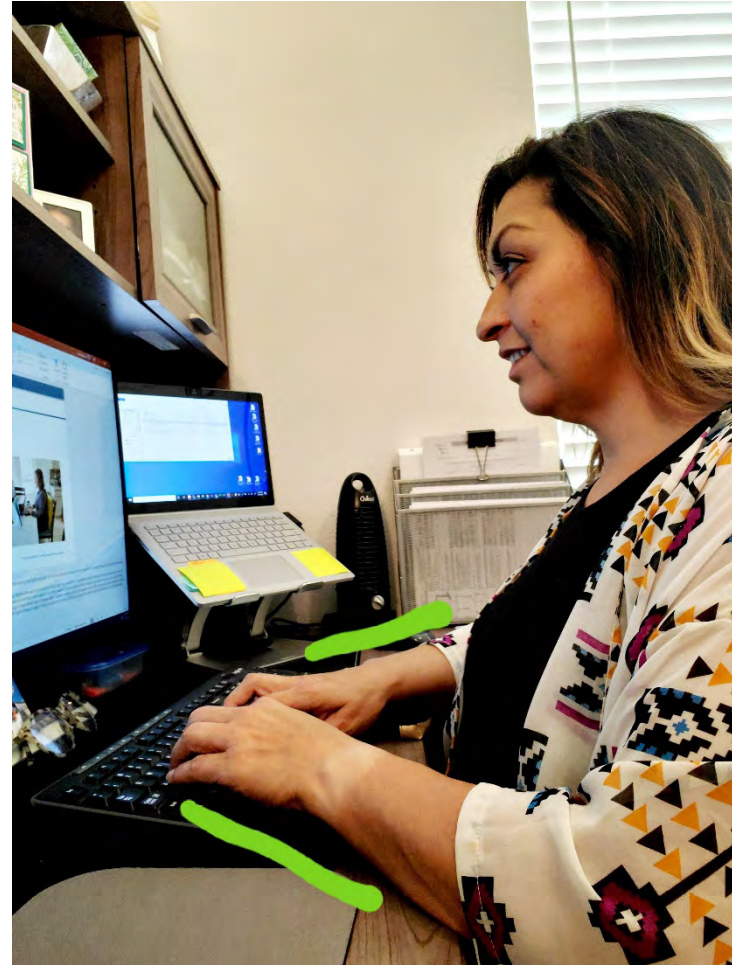
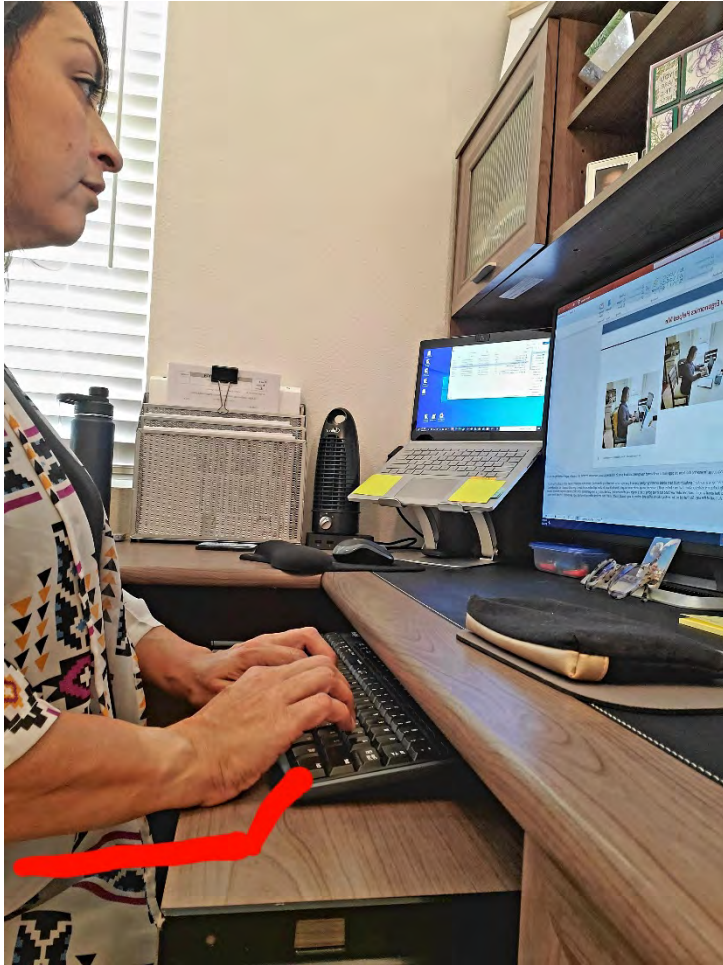
Available at a lower price from other sellers, potentially without free Prime shipping.

Color: With Mouse

\$119.99 ✓prime	\$69.28 ✓prime
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- Cushioned palm rest provides support and promotes a neutral wrist position.

Neutral postures are key!



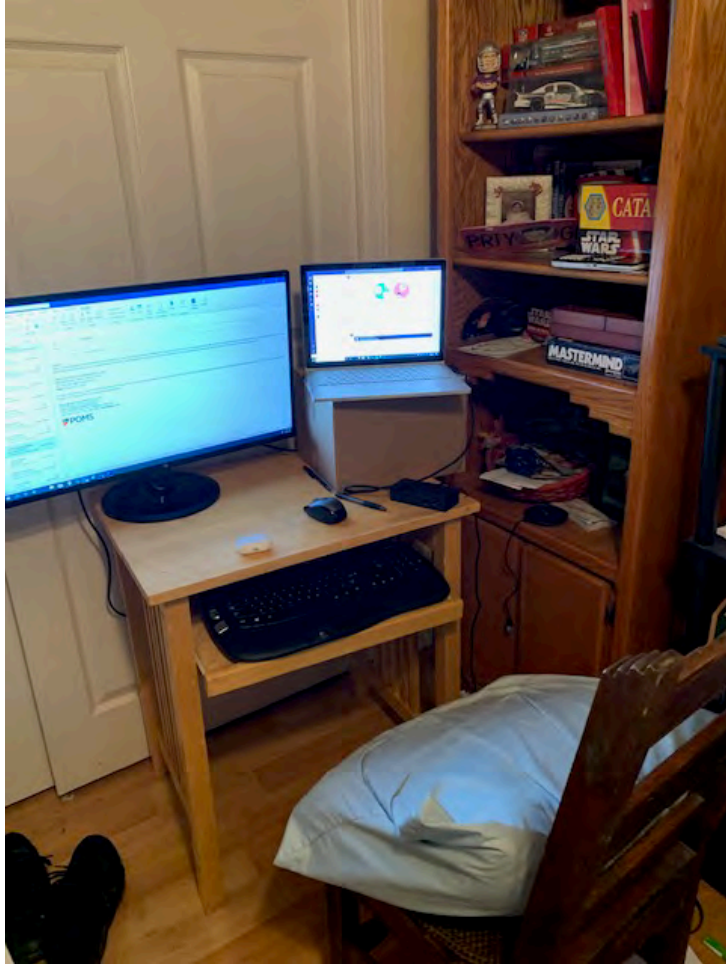
Working from home...seated before and after



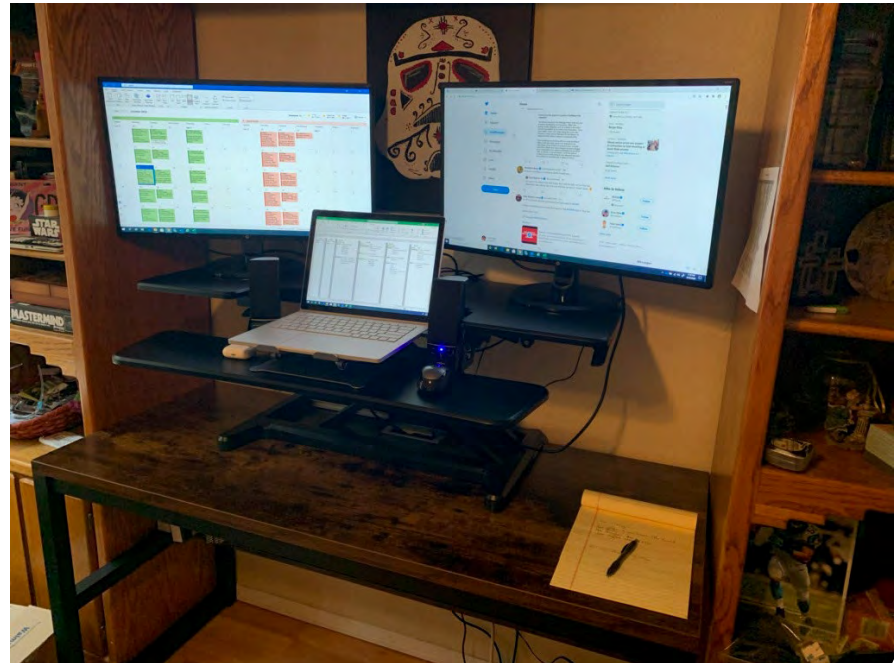
Standing modifications with no cost



No cost



Purchase: Desk, sit to stand converter.



More Home Hacks....







Learn from Home-No Cost Hacks





**CHAIR TOO BIG
DOES NOT ALLOW FOR
PROPER SEATING
POSTURE**

**PILLOW BEHIND BACK
STOOL FOR FOOT
SUPPORT
ALLOWS FOR
90/90/90 POSITION**



**NOT GOOD
NO SUPPORT
CHAIR TOO BIG**

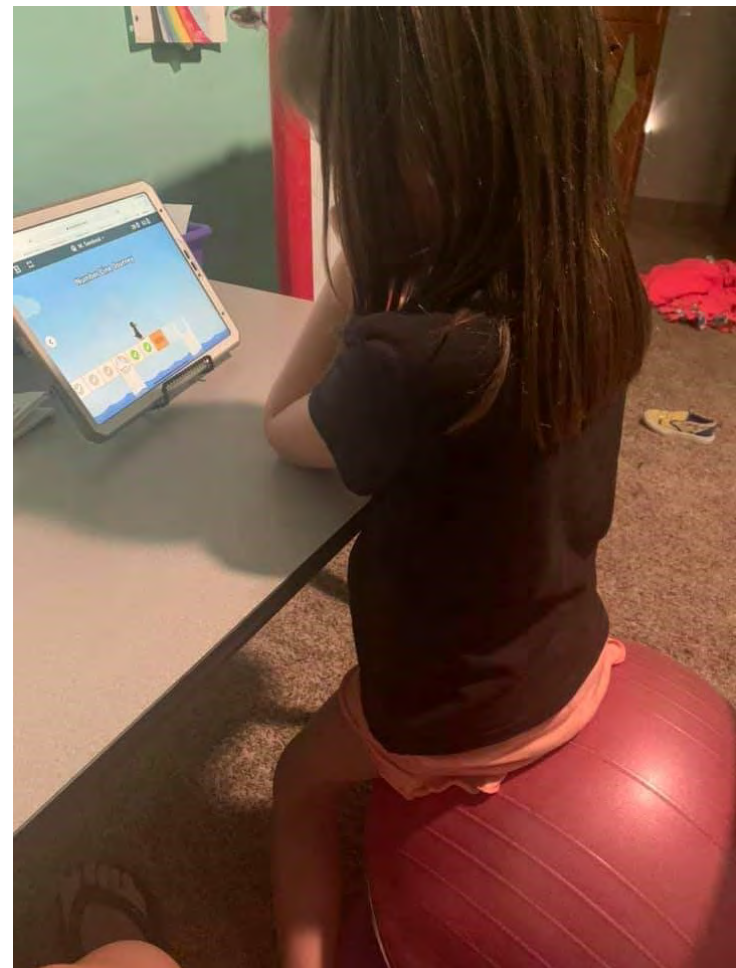
GETTING THERE



**WE MADE IT...
FEET SUPPORTED, 2 PILLOWS FOR
ENOUGH BACK SUPPORT
HEAD IN NEUTRAL**

@alinclusivetherapy

@alinclusivetherapy



USE A PEANUT OR THERAPY BALL

**GREAT FOR
KIDDOS WHO
LIKE TO MOVE
OR WHEN KIDS
START TO GET
RESTLESS AND
TIRED OF
SITTING STILL**



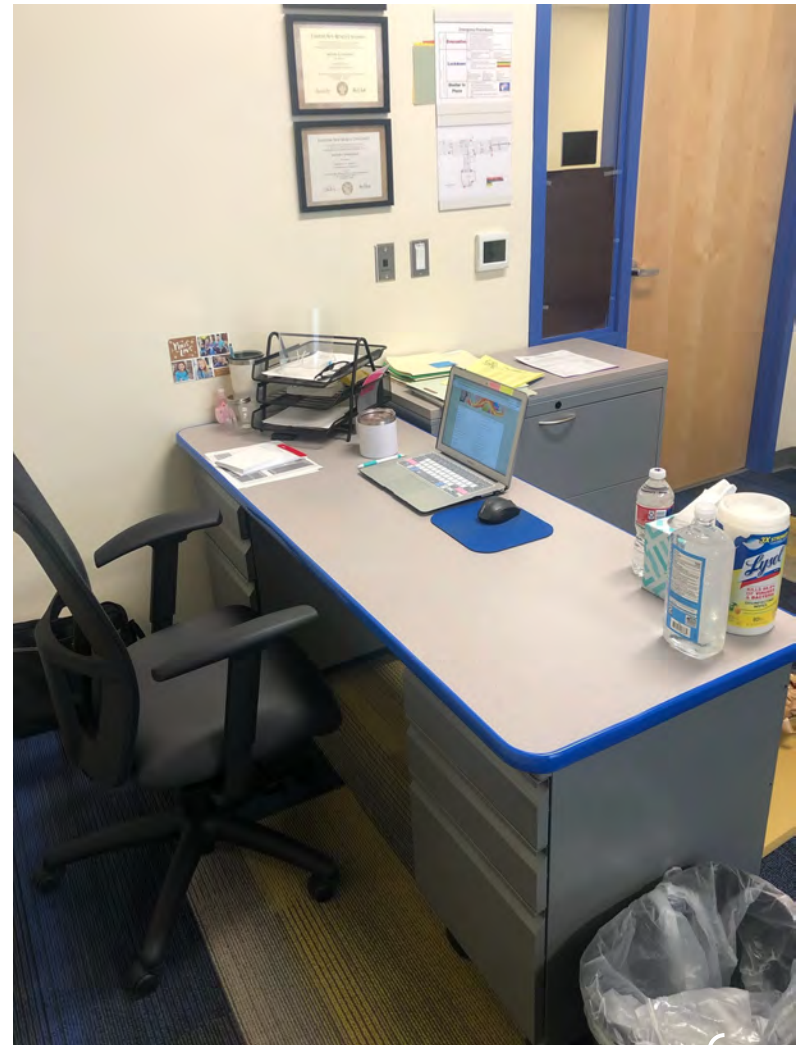
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Share your ideas



Let's Practice-School Office



Let's Practice-Home Office



Review

- Neutral Postures
- Feet and back supported
- Spaces that are functional
- Ergo Breaks
- Schedule your day
- Be creative!



Questions?



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