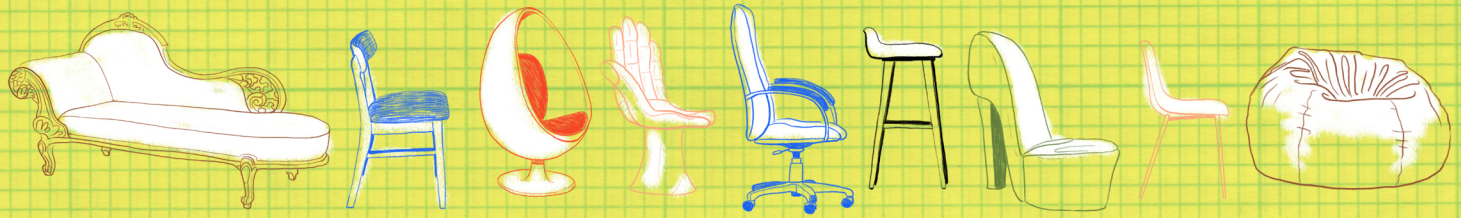


# HOME OFFICE



# ERGONOMICS

an illustrated guide by LA Johnson and NPR  
with support from the CMT and Herman Miller

## 1. YOUR POSTURE

Posture is the most important aspect of ergonomics. You can have a fancy chair and desk, but if you aren't arranging your weight evenly, it won't do you a bit of good.



## BAD SETUPS



Setup is too small and too short, neck is craned, back is slouched, wrists are bent



## The OVER-ACHIEVER

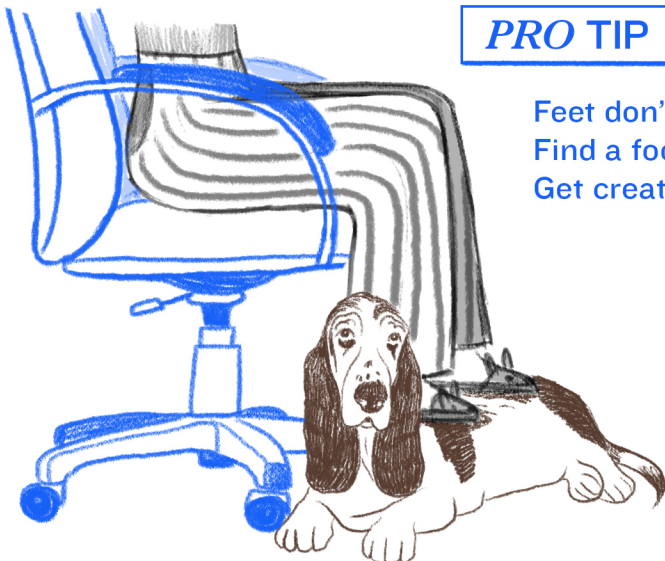
More screens doesn't mean more productivity. Especially if your neck is craned. If you use two screens, make sure they are eye-level and side-by-side.

## The LOAFER

Come on, if you're using something shapeless or just odd to sit on, what is that doing for your poor spine? Time to move out of the kids' room and into a proper work space.

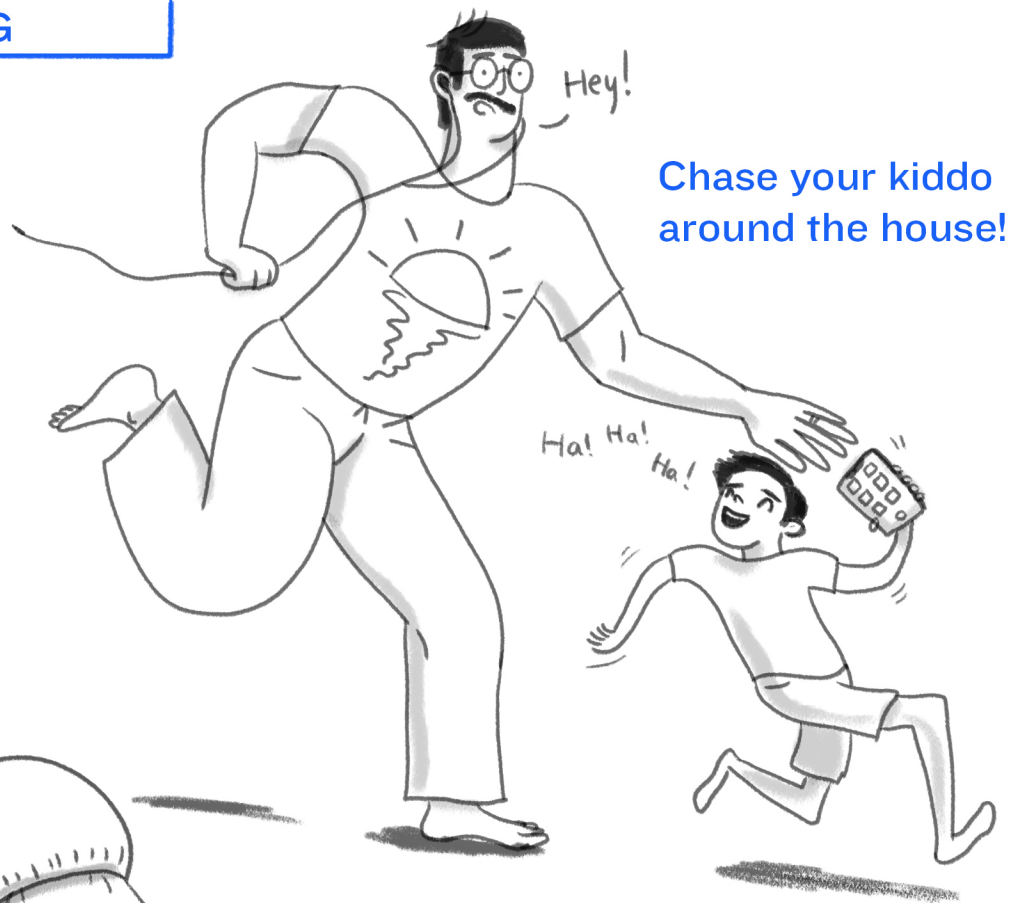
## PRO TIP

Feet don't reach the floor?  
Find a footrest!  
Get creative.



## 2. GET MOVING

Stretch for  
10 minutes  
every hour



Go for a walk!

