

Safety & Ergonomics At Home

Whether you are veteran of working at home, or it's your first time, there are some things to consider not only for your own health and safety, but for the safety of your home.



Technology Ergonomic Tips



Text Neck

Do you find yourself looking down at your phone for large portions of your day? This can lead to muscle pain, neck strain and even pinched nerves.

What You Can Do

When using your phone, raise it to your eye level so you can look at it straight on.



Smartphone Thumb

Using a perma-bent texting position can cause inflammation, irritation and pain in your thumb and fingers.

What You Can Do

Change up the way you type on the phone keypad and use different fingers. Take breaks and stretch your fingers and thumbs periodically.



Digital Eye-Strain

Staring at a screen all day can lead to eye dryness, blurred vision and even headaches.

What You Can Do

Use the 20-20-20 rule. For every 20 minutes of work, look up at an object 20 feet away for 20 seconds. Also, don't forget to blink!

Office Setup at Home



Tips for Setting Up Your Home Workspace

- Use a sturdy chair that can be adjusted.
- Consider using a small pillow for the small of your back.
- Avoid sitting on a soft couch all day, this can cause body strain.
- Alternate between standing and sitting throughout the day.
- Use a mouse, not a laptop built in mousepad, to avoid strain on your wrist and forearm.

Home Safety Tips



Protect your home and hardware

- Do not overload your electrical outlets with all of your plugged-in technology.
- Be careful with extension cords, as they pose a tripping hazard. Try to tape down or hide long cords in baseboards or under rugs.
- Ensure you are using a secure Wi-Fi network in your home.
- Never leave valuables, such as your laptop, in garages or cars, as this can potentially pose a theft risk.

Resources Available to You

Your Employee Family and Assistance Program is designed to help you and your family improve your health and wellbeing by providing education, resources and support.

Please reach out to your regional resource center.

Canada

Homewood (homeweb.ca)
1-800-663-1142 or 604-689-1717

Australia

BSS Employment Assistance
1-800-30-30-90 or +61-8-9211-3700

U.S.

EmployeeConnect
1-888-628-4824

Latin America

(55) 56702011