

Home Office Ergonomics 101

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Ergonomics is more than just about posture or your hands' positioning on the laptop. Technically speaking, it's about understanding and modifying all the factors that influence human efficiency within working environments. From books like [1995's Evaluation of Human Work: A practical ergonomics methodology](#) to modern ergonomically designed office equipment and spaces, ergonomics is a wide and encompassing subject.

Today, thanks to the sudden digital migration brought on by the global health crisis, there is a need to revisit the subject for the [4.8 million people in here in Zimbabwe](#) with access to high-speed Internet. If you want to use your Internet connection to start earning from home, here's how you can get started on the right foot.

The first and most important step to achieving home office ergonomics is dedicating a space in your home for just this purpose. [Bloomberg's guide to home office history in the 20th century recalls](#) how dedicated home offices are nothing new. From bedroom study tables to business proprietors setting up shop below their residences, the world is no stranger to working from home. And whatever your trade, having a dedicated space will allow you to do this in the most efficient manner. While the best option would be to have a room in your home designated solely for work, you can also make do with a corner of your living room, or even just a table in a quiet space.



What's important is to have a space where everything you need is within reach – a space that you can modify according to your personal and daily working needs. [As Pain Free Working's guide to work-from-home ergonomics notes](#), working in the same spot every day can help a lot in keeping momentum and adapting faster to a work-from-home environment. Furthermore, unlike formal office environments where changing anything even for ergonomic purposes may entail paperwork, you won't have that problem in your home office. You can just go ahead and get a table and chair combination that perfectly fits your height and size. With the right basic office equipment, you can also better resist the temptation of moving your work to the couch or the bed, which is bad for both your back and your productivity.

This underscores why ergonomics is often reduced to just finding the right furniture: comfort is one of the keys to an efficient workspace. Yet, [The Camden Chronicle notes](#) how you should also take into account having a few square feet of open space within your home office. This will allow you to stretch at anytime between long periods of sitting down and working, and better maintain comfort throughout the workday. The more you invest in furniture, electronics, and other home office equipment that can keep you comfortable, the better you can focus on the work at hand. Apart from furniture that can help you maintain the correct posture, this can include ergonomic keyboards, laptop stands, and even wrist rests that help you avoid carpal tunnel syndrome during long nights in front of the computer.

In short, ergonomics is about taking care of your body and ensuring that your working conditions are

conducive for both health and productivity. Design your home office with these factors in mind and you'll be well on the way to adjusting to a work-from-home career.



Jea Mason is a health and wellness writer with a love for gym-free fitness. Her passion is to help her readers stay fit, healthy, and pain-free at home. She practices yoga and tai chi.

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