

# ERGONOMICS AND THE HOME OFFICE

---

MALLORY LYNCH, CAMPUS ERGONOMIST, UC BERKELEY

[MLYNCH@BERKELEY.EDU](mailto:MLYNCH@BERKELEY.EDU)

# ZOOM FATIGUE

---

- Exhaustion caused by constant video calls
  - Require for mental processing
  - We're always on
  - Easily distracted which leads to multi-tasking – no multi-tasking during video calls
- Tips and solutions
  - Establish “No Meeting” time blocks
  - Designate a meeting free day
  - Use e-mail or text where applicable
  - Always have an agenda
  - Schedule breaks
  - Make Meetings shorter

# REDUCING EYE STRAIN

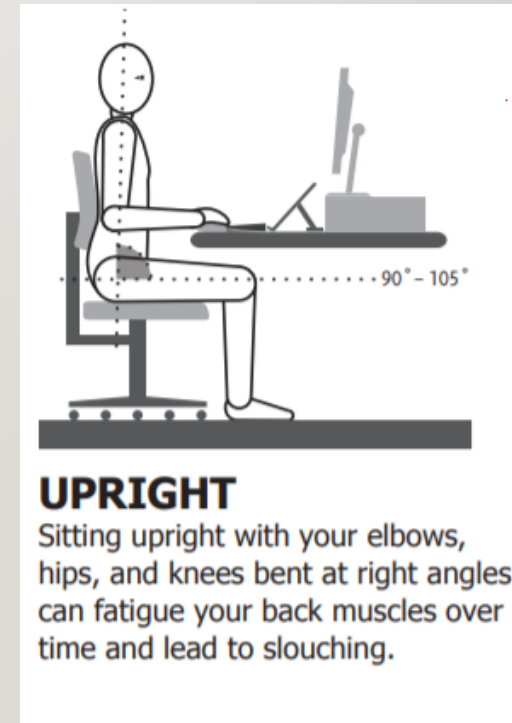
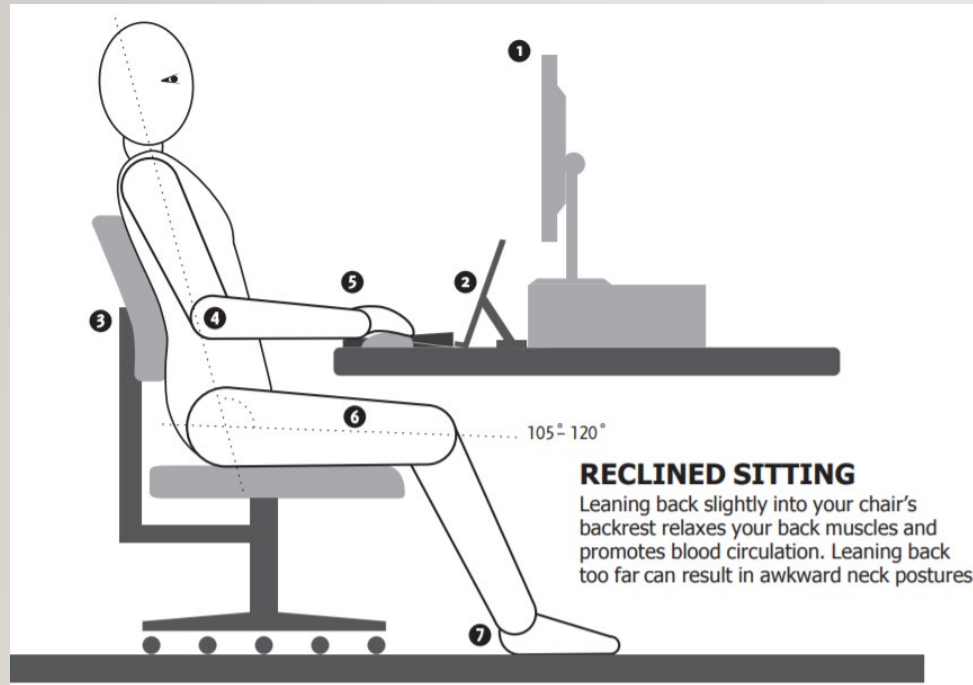
---

- Don't stare at yourself or others on the screen
- Look away and at other things around the screen often
- 20-20-20 Rule
  - Every 20 minutes, look at something 20 feet away for 20 seconds



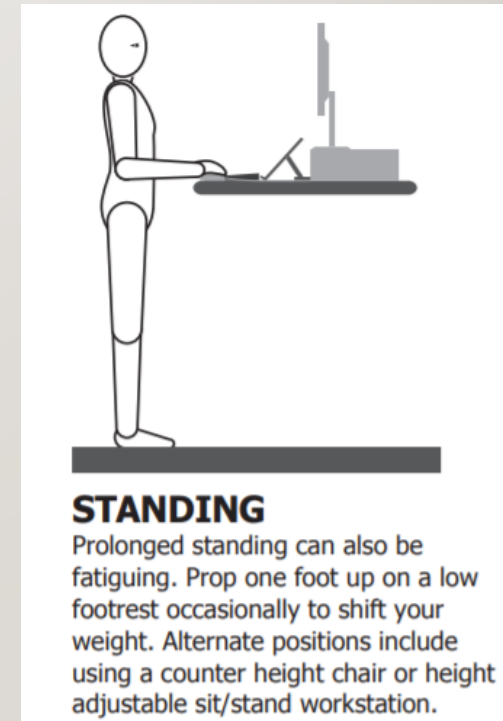
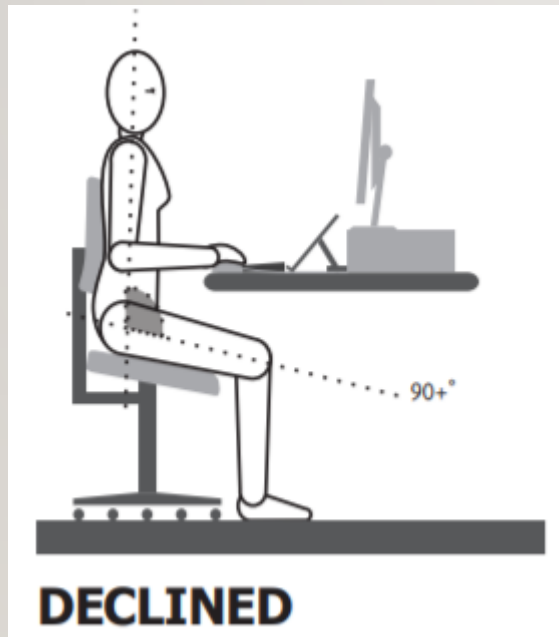
# SEATED POSTURES: LINE UP EAR, SHOULDER AND ELBOW IN ALL POSITIONS

---



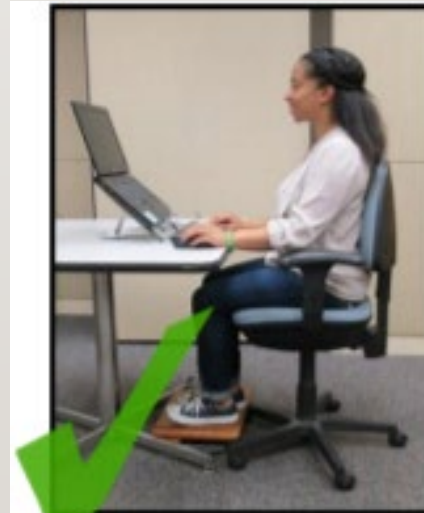
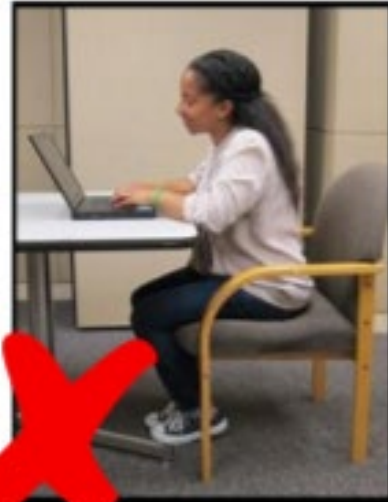
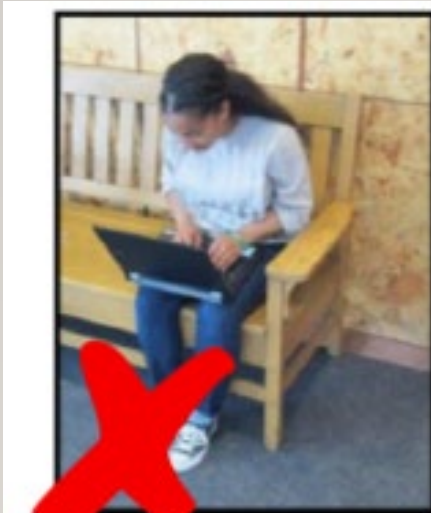
# SEATED AND STANDING POSITIONS

---



# LAPTOP: ELEVATE HEIGHT TO USE AS A MONITOR WITH EXTERNAL KB AND MOUSE

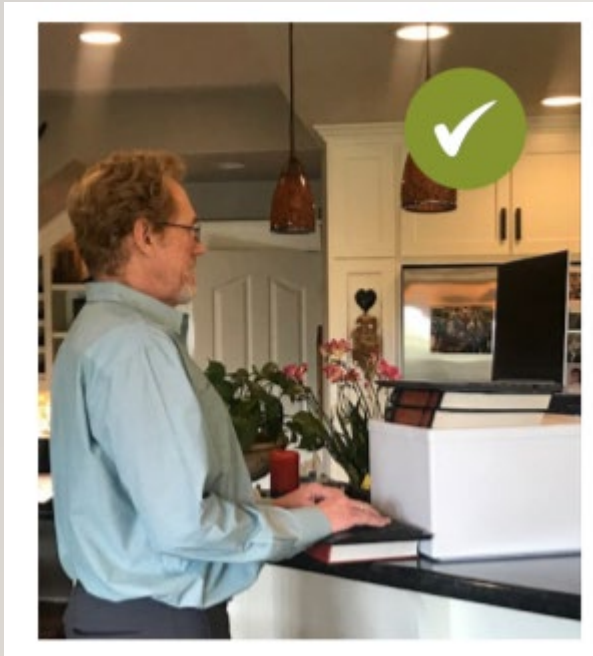
---



**Use a laptop stand if you don't use an external monitor. Attach an external keyboard and mouse at or slightly below elbow height. Use a footrest if needed.**

# WAYS TO STAND AND WORK ON COMPUTER DURING THE DAY

---

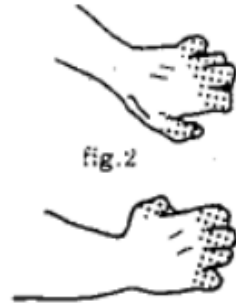
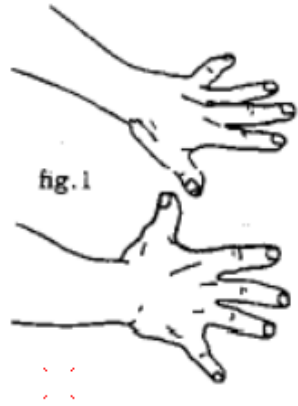


Tip: Wear supportive shoes when standing.

Boxes, books, and a microwave elevate the laptop to eye level.

Input devices are at elbow height.

A diagram showing a woman standing at a kitchen counter working on a laptop. The laptop is elevated on a stack of boxes and a microwave. Input devices are on a box. A green checkmark icon is overlaid in the top left corner of the photo. Two green double-headed arrows point horizontally from the text above to the laptop and from the text below to the input devices.



1. Separate and straighten your fingers until tension of a stretch is felt (fig. 1). Hold for 10 seconds, relax and bend your fingers at the knuckles and hold for 10 seconds (fig. 2). Repeat first outward stretch once more.

# STRETCHES

---



# STRETCHES

---



1. Stand straight with your arms by your sides and with your feet shoulder width apart.
2. Slowly rotate your shoulders forward, making big circles.
3. Repeat the movement backward until the set is complete.

**Repeat 10 times each way**

# STRETCHES

---



5. Start with head in a comfortable, aligned position. Slowly tilt head to left side to stretch muscles on side of neck. Hold stretch for 10-20 seconds. Feel a good, even stretch and do not overstretch. Then tilt head to right side and stretch. Do 2-3 times to each side.



10. Interlace fingers then turn palms upwards above your head as you straighten your arms. Think of elongating your arms as you feel a stretch through arms and upper sides of rib cage. Hold for 10-20 seconds. Hold only stretches that feel relaxing. Do three times.

## STRETCHES

---

# STRETCHES



14. The next stretch is done with fingers interlaced behind your back. Slowly turn your elbows inward while straightening your arms. An excellent stretch for shoulders and arms. This is good to do when you find yourself slumping forward from your shoulders. This stretch can be done at any time. Hold for 5-15 seconds. Do twice.

# QUESTIONS?

---

- <https://uhs.berkeley.edu/bewellatwork/ergonomics>