

Home Office Ergonomics: Equipment for Every Budget

Choosing the right equipment for your home office can help you create a well-designed workspace that promotes comfort, health, and productivity. "This guide will help you make equipment decisions based on your budget and what you already have.

Start with low-budget basics (under \$250) and check out the options for add-ons (under \$500) and upgrades (under \$1,000) budgets if they apply. Approximate prices, trusted brands, and purchase considerations are included to give you a full picture.

For more information on this equipment guide and other home office resources, visit our [work-from-home toolbox](#).

BASICS \$



Keyboard | \$80

Type with your arms close to your sides
Microsoft Sculpt, Kensington Full Size, Logitech Multi-Device



Mouse | \$100

Choose based on comfort
Logitech MX Series, Microsoft Mobile, Goldtouch Semi-vertical



Laptop Stand | \$50

Raise the height of your screen
Kensington shown

+

ADD-ONS \$\$

Monitor | \$100

An external monitor provides a larger viewing area for your work.



Monitor Arm | \$150

It adds height adjustability and frees up your work surface
Ergotron shown



Back Pillow | \$50

For chairs that lack back support or comfort
Xtreme Comforts, Everlasting Comfort, Cushion Lab



Headphones | \$100

Block noise or use as a headset
Bose shown

+

UPGRADES \$\$\$

Desk Chair | \$200

Look for full back support, a height that works with the desk surface, and a seat size to fit the user
Alera Elusion, Staples Carder Mesh Back



Adjustable Chair | \$500

Upgrade to a chair that offers adjustable height, lumbar support, seat pan depth, and armrests
Steelcase Series 1, Herman Miller Sayl



Sit-Stand Desk | \$250

Make sure to work on a flat, stable surface. To create a sit-stand setup, add a desktop attachment or adjustable base
Ergotron Lift35 or Lift101, Vari Standing Desk



Equipment	\$ Basics	\$\$ Essentials	\$\$\$ Upgrades
<p>Input Devices External input devices help you keep your arms close to your body and will allow you to position your screen properly (especially if using a laptop).</p> <p>Ask: Do I have an external keyboard and mouse? If no:</p>		Keyboard + Mouse	
<p>Sound Talking on the phone without a headset can result in a sore neck, and an unfavorable sound environment can detract from focus.</p> <p>Ask: Do I talk on the phone often, or struggle with a noisy environment? If yes:</p>		Headphones	
<p>Work Surface A wide, flat surface provides space for accessories and ensures you can sit in a comfortable position.</p> <p>Ask: Do I have a stable work surface? Do my legs fit comfortably underneath? If no:</p>		Desk, and/or	Sit-stand (Attachment or Adjustable Base)
<p>Monitor A large screen at eye-level ensures your neck remains straight and reduces eye strain.</p> <p>Ask: Is my monitor too low? Am I only using a small laptop screen? If yes:</p>	Laptop Stand, or Monitor Riser, +	External Monitor, +	Monitor Arm
<p>Chair A cushioned chair with a full backrest provides the support your body needs while sitting.</p> <p>Ask: Does my chair fit my body? Am I comfortable in my chair? If no:</p>	Pillow, Footrest, and/or	Office Chair, or	Adjustable Chair

