Tips for Working from Home

Have access to a mobile phone, headphones, and speakers

If your primary device is a laptop, attach or pair a full-size external monitor, external keyboard, and vertical mouse

Use a chair that has adjustable
• back tilt and tension
• lumbar support
• seat pan depth

Use a surge protector and docking station

Choose a dedicated, quiet, and secure space for your workstation that is at least 6 feet by 6 feet

More working from home tips

www.EHS.com
www.humantech.com