

# 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

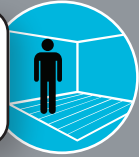


Use a surge protector and docking station



6ft x 6ft

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



[More working from home tips](#)

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