

Ergonomics in the Home Office

It may not always be that easy to work ergonomically at home, but following basic ergonomic rules combined with appropriate movement habits can help you get through home office work physically well.

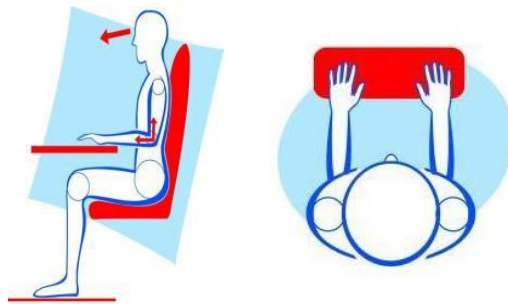
BASIC RULES:

- **Reference posture** when adjusting the table and chair (see below)
- **Frontal installation** of keyboard and screen or notebook
- **Viewing direction parallel to the window:** glare and reflections are avoided
- **Changing the sitting posture:** This is especially important if there may be no office swivel chair available or the desk cannot be adjusted to the correct working height: **always the next sitting posture is the best one**
- **Change of activity**
 - Making a phone call standing up
 - Regular exercises to relax while sitting and loosen up the muscles
 - Get some fresh air: open the window, walk up and down, ...

Sitting Posture:

90° Reference posture =

- ✓ Soles flat on the floor
- ✓ 90° in the ankle
- ✓ 90° in the knee
- ✓ 90° in the hip
- ✓ 90° in the elbow



EXERCISES FOR IN BETWEEN

Mobilize the pelvis

Basic position: Sitting upright on the front half of the chair - ATTENTION: The upper body remains as still as possible during all exercises

- Roll pelvis forward and backward
- Tilt pelvis: Lift buttock left - change - lift buttock right
- Circling pelvis
- Push one knee forward alternately



Inspiration for a moving break

Here you will find many short videos, exercise recommendations, instructions, tips and suggestions:

<https://boku.ac.at/gesunde-boku/gut-durch-die-corona-zeit/bewegte-pause>