

Working productively from home – our ergonomist’s top tips

1 **Be realistic about what you can achieve**

Even with the best of intentions, you may accomplish less. Trying to manage work tasks while balancing childcare or eldercare or sharing a workspace with a partner or student may be challenging. There may be additional distractions. Allow for taking more breaks as your office set-up may not be ideal. Be kind to yourself (and others).

2 **Keep physically active**

For physical and mental health, you need to balance sedentary work with regular physical activity. Go for a walk or run, do a home-gym workout or a yoga routine, dig the garden or play with the kids. It is especially important to keep moving when your home-based work setup is not ideal, and during times of stress.

3 **Be creative about your workspace**

When working from home there are many ways to use household objects to improve your physical setup and to meet good practice. When things aren’t optimal you are at risk of developing muscle aches and pains. Get advice from a registered ergonomics professional to help keep you pain free and productive.

4 **Sort out your technology**

Know your internet capacity – consider an internet cable connection versus WiFi connectivity, the number of users accessing the internet router, and the timing of this use. Sort out the software, video conferencing and document sharing applications that suit your needs.

5 **Look after your mental health and wellbeing**

Working remotely can be lonely. Keep in touch with your colleagues and friends using technology, such as phones, social media and video apps to stay connected.

Working from home is different – virtual help is available

Alexander Ergonomics (Christchurch) and Optimise Limited (Motueka) collaboratively provide high quality virtual consulting and education services for home based, remote or tele workers. Sue and Marion are veteran home-office workers, skilled in helping people to work productively. They provide many DIY solutions to improve temporary workspaces that are not ideal. They are both New Zealand certified ergonomists (CNZHFE), registered with the Health and Safety Association of New Zealand (HASANZ).

Services include individual assessments and team training via virtual delivery. Connect with Sue or Marion to discuss your organisation’s needs, and for advice to improve your own work comfort.



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