



Create a Healthy, Productive Home Office

A personal workspace with all the perks



Remote work is quickly becoming the new norm. That means your home office needs to be just as productive as the corporate office. With the right tools, you can create a comfortable, healthy and productive workspace... with a shorter commute.



Configure for Comfort

Your monitor position matters. Set the top of the monitor frame at eyebrow level. The monitor should be about an arm's length away, or approximately 20" to 35" away. If using a dual monitor arm, the monitors should be next to each other and angled in a slight outward "V" shape. This positioning helps prevent eye strain and neck strain.

The location where monitors meet should be directly in front of the user. Use monitors that are the same size and height. Select a monitor stand for your home office to keep an exact monitor height that fits your personal comfort. Go with a monitor arm for more flexibility in screen positioning.



I-SPIRE SERIES™
Laptop Lift



I-SPIRE SERIES™
Monitor Lift



PROFESSIONAL SERIES
Freestanding Monitor Arm



Hands-On Productivity

When you're more comfortable, you're more productive, especially when it comes typing and mousing. Positioning the keyboard and mouse closer and lower to your body allows your shoulders to relax. The keyboard should be flat or tilted away at a negative slope. Keep your forearms approximately parallel to the floor with elbows at a 90-110° angle.

Your wrists should be straight with hands positioned level or below your elbow. Select an adjustable keyboard tray that accurately positions your keyboard for maximum comfort. Choose a mouse pad with wrist support to cushion your wrist and hand as you mouse and prevent wrist strain.



DESIGNER SUITES™
DeskReady™
Keyboard Drawer



I-SPIRE SERIES™
Wrist Rocker™ and
Keyboard Wrist Rocker™



The Active Home Office

Just as you incorporate movement into the corporate office, you need to stay active in your home office. Sitting for hours may feel productive but limited physical activity during the workday can drain your energy, morale and your performance. Go for a short walk or stretch. You can also use a standing desk in your home office to keep you moving.

Begin by standing for 15 minutes, followed by 45 minutes of sitting. Gradually increase the time standing. Alternate between sitting and standing throughout the day, but don't sit or stand for more than 60 minutes at a time.



LOTUS™ DX
Sit-Stand Workstation



LOTUS™ VE
Sit-Stand Workstation



Maintain a Healthy Personal Workspace

It's important to keep your home office clean especially during flu outbreaks. Use a HEPA air purifier to consistently and effectively clean the air the air of viruses, germs, bacteria and other airborne pollutants. Be sure to choose your air purifier based on the square footage of your home office for the best results.

As a final step to keep your home office clean, look for products with the Microban seal. Microban antimicrobial provides continuous protection against bacteria for products such as wrist rest, mouse pads and mice.



AERAMAX®
Air Purifiers