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# ERGONOMIC KEY FACTS

## - HOMEOFFICE -



### WORKING CHAIR

- chair high: knee angle approx. 90 - 100°
- if possible, with backrest
- table high: angle between upper and lower arm is 90° when placing the arms on it



### WORKING EQUIPMENT

- use an external mouse and keyboard for long screen work
- frequently used items should be as central as possible
- raise laptop screen to maintain "Frankfurt horizontal", or use external monitor



### CREATE VARIETY

- look for alternatives to work in a sitting position
- add movement into daily routine (e.g. a walk during the lunch break, headset)
- regularly fix a point in the distance to relieve the eyes



### GENERAL TIPS

- start and end the working day with a movement ritual
  - add a focus time in your calendar
  - switch on the camera during online appointments if possible
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