

Outreach: Assessment and Recommendations for Work From Home

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Virtual Offices Due to COVID-19

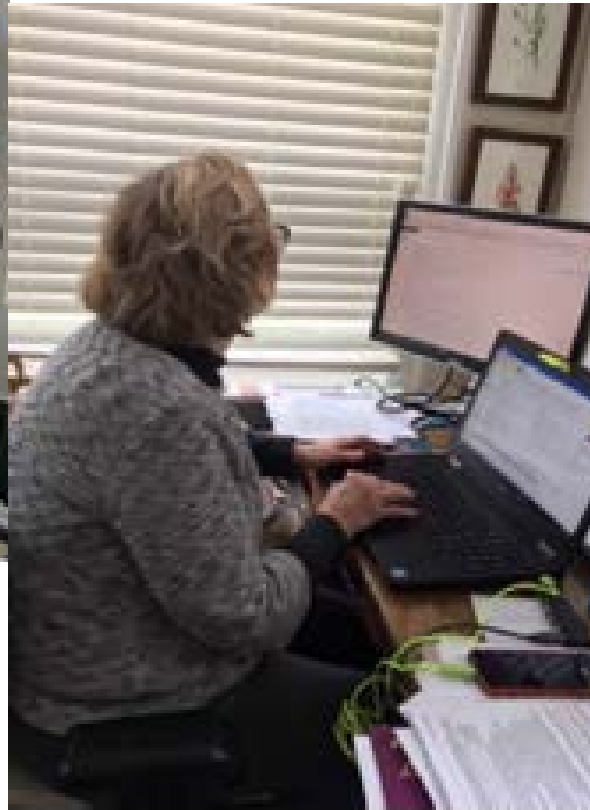
- Laptops were widely used
- Kitchen tables & counters were used as workstations



Assessment and Recommendations

- **Small self-selected individuals sent two pictures to the research team**
 - **Directly from the back**
 - **Directly from the side**
- **Research team identified ergonomic concerns**

Dual Monitor Concerns



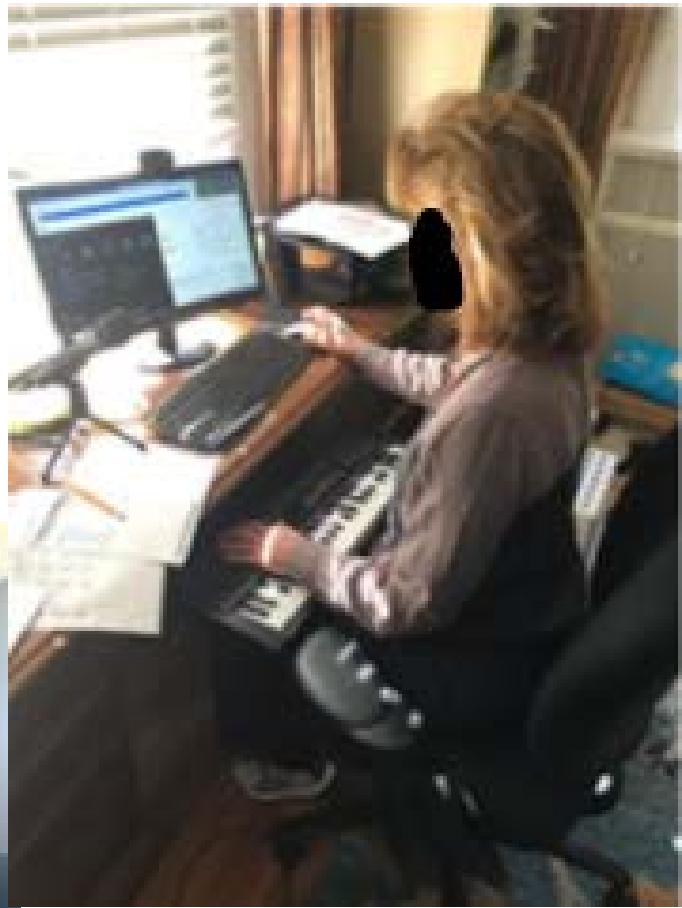
Hard Edges & Seating Concerns



Monitors Too Low



Non-Traditional Workstations



What's Wrong With Laptops?

- **Built-in monitor: neck bent forward due to screen too low**
- **Smaller keyboard: awkward arm postures**
- **Built-in mouse: rapid small hand movements**

How To Rectify?

- **Use external monitor or raise laptop on box or books so top of screen is at eye level**
- **Use external keyboard and mouse**



Impact

- **90+ office workers sent in pictures with recommendations for cost effect changes sent back**
- **6 presentations to office groups**
- **15 media interviews**