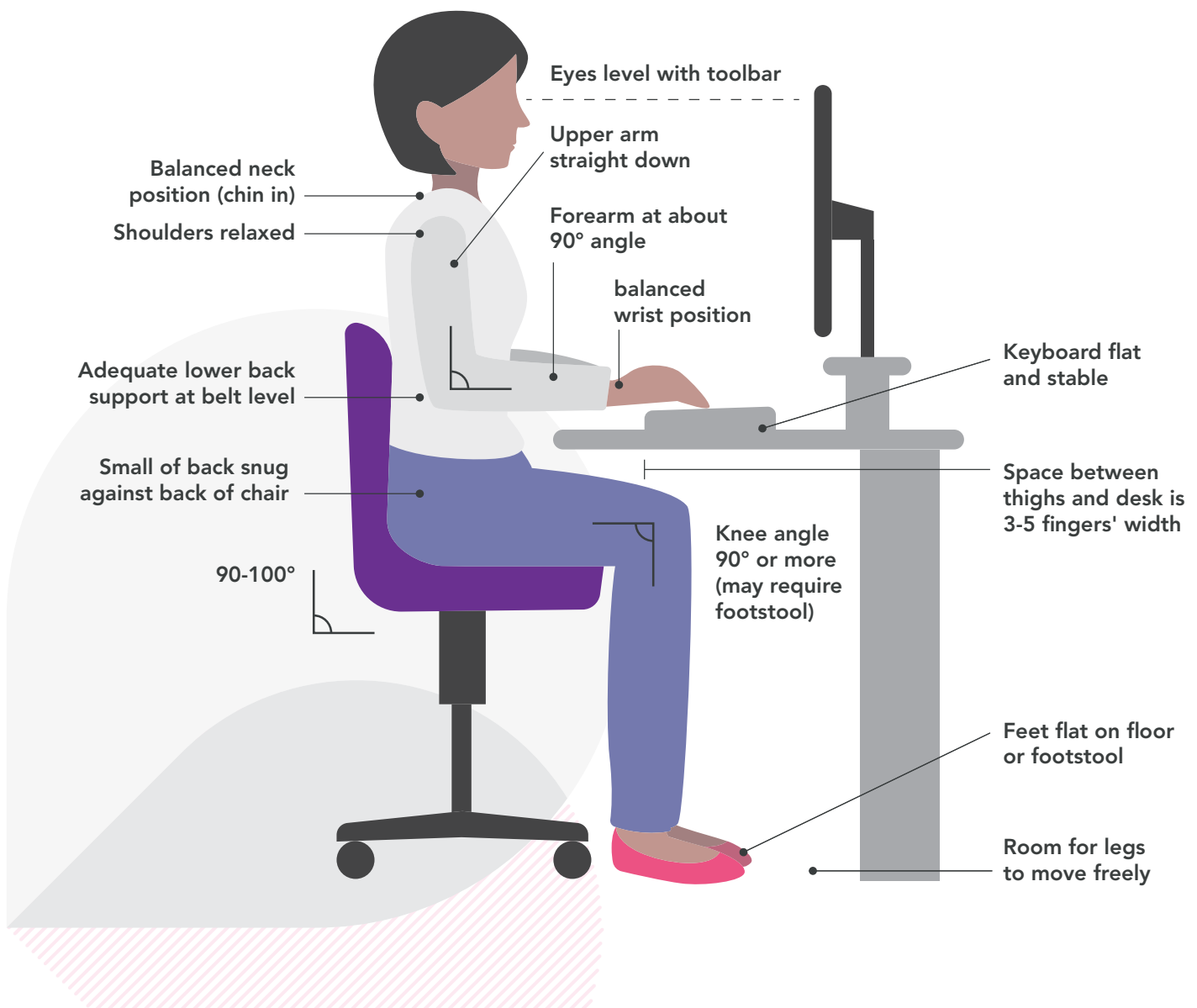


A healthy home workplace

Ergonomics for working from home

Ergonomics is the science of designing and arranging people's working environments to ensure efficiency and safety.

Now, more than ever, many of us are working from home. Use this diagram to check your home workstation ticks all the right boxes, to help you avoid any work-related aches, pains or strains.



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This fact sheet is designed to be informative and educational. It is not intended to provide specific medical advice or replace advice from your medical practitioner.

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Jean Hailes for Women's Health takes a broad and inclusive approach to the topic of women's health. This fact sheet generally uses the terms 'women' and 'girls'. These terms are intended to include women with diverse sexualities, intersex women, and women with a transgender experience.

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