

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.

1 Configure for Comfort

Your monitor position matters. Help prevent neck and eye strain by customizing your monitor height and placement on your desk.



Eppa
Single Monitor Arm



Edge2
Dual Monitor Arm

2 Hands-On Productivity

When you're more comfortable, you're more productive, especially when it comes to typing and mousing. Position the keyboard and mouse closer and lower to your body. 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 to -110° angle. Minimize your reach to personal electronics. Use desk accessible power sources to keep essential devices nearby.



Solution All-Fit
Keyboard Platform Combo



Solution Ultra
Keyboard Platform Combo



Flexcharge™ 4
Personal Desktop Power



Flexcharge™ 9
Tabletop Power Pod

3 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 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



Climb
Single Monitor Arm Desktop
Sit-to-Stand Workstation



S2S
Sit-to-Stand Workstation



Trada™
Electric Height Adjustable
Table Base



Triumph™ LX
Electric Height Adjustable
Table Base

4 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. Incorporate adequate lighting into your workspace to prevent eye strain and to improve your mood.



AeraMax®
Air Purifiers



Lustre
Telescoping LED
Task Light

Lily LED
Single Arm
LED Task Light

Amble™ Classic
Single Arm
LED Task Light