

DAS Risk Management Resources

Office Ergonomics for the Home Environment

1. SAIF Resources:

- a. Ergonomics for the home office: <https://www.saif.com/safety-and-health/ergonomics-for-the-home-office.html>

YouTube Short Videos:

- b. How to set up your home office:
<https://www.youtube.com/watch?v=4IHGaakvQMI&list=PL331BVFvRJ3L2odOgExXvvnNmeCBE1p8C&index=1>
- c. Posture Perfect in your house:
https://www.youtube.com/watch?v=OZskubAg_rI&list=PL331BVFvRJ3L2odOgExXvvnNmeCBE1p8C&index=2
- d. Setting up an ergonomic home office without breaking the bank:
<https://www.youtube.com/watch?v=mKfT4QkAeFY&list=PL331BVFvRJ3L2odOgExXvvnNmeCBE1p8C&index=3>

2. Humantech Ergonomics for the Home office:

<https://www.humantech.com/homeoffice/>

3. National Safety Council:

https://cdn2.hubspot.net/hubfs/278353/507353_MEM_Ergo%20at%20Home_Safety%20Talk%20fnl.pdf?utm_campaign=MBR%20-%20Safety%20Spotlight%202020&utm_source=hs_email&utm_medium=email&utm_content=85301509&hsenc=p2ANqtz-9sGOW2tm009Vkg3IhL9ija4uv0I7IzNT3qTnF98Lww_i5rHzW-8CqanpR8-fcKg2KQLspUMqpiowh6GFwtOnTiZtL2A&hsmi=85301509