



Biosciences Area
Town Hall
Ergonomic Tips and
Resources for
Telework

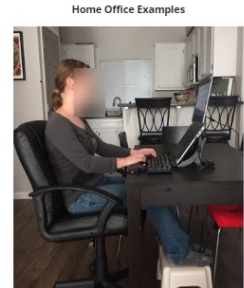
May 7, 2020

Resources for telework



COVID-19 Resources from the Ergo Team

- Ergo Resources
 - Virtual Session Presentation: ergo@home
 - Tips for Employees Working from Home
 - 1 Minute 4 Safety (Setting up your Home Office)
- Procurement Guidance
 - Guidance on acquiring peripherals, computers, and ergonomic access...
 - COVID-19 Purchasing Guidance (Procurement Updates)
 - Division PCardholders
- IT Resources
 - Remote Working during COVID-19
- HR Resources
 - Human Resources - COVID-19 Resources
 - Expedited Telework Agreement
- Resources for Ergo Advocates
 - Ergo Advocate Page
 - Telecommuting Email Templates



Ergo Eval: ergoeval.lbl.gov
Email: ergo@lbl.gov
Website: ergo.lbl.gov

What about chairs?



Grab a pillow or cushion
OR
Roll up a beach towel for extra back support or even place it under your buttocks to reduce pressure on your hips and low back. Make sure your feet are supported



Transition Team is considering longer term telework options. Not sure if will or will not including changing allowable items that can be purchased for telework

Ergo items for home use

Please take advantage of the labs generous policy of allowing you to come into the lab to get your items or order certain items and have them drop shipped to your home



Find ways to move



Take care of yourself... moving around can be a great way to do this. Move and change your positions often.



Studies find just 3-5 minutes of a posture change can make a big difference

Our fellow Berkeley Lab colleagues will be leading daily virtual sessions for a short stretch break at 9:30 am and a brief mindfulness break at 3:30pm (10 minutes each) Further details can be found at: [daily stretch and mediation sessions](#)



Use [RSI Guard](#) or a timer to cue yourself to move. It is likely you should be moving even more often than typical

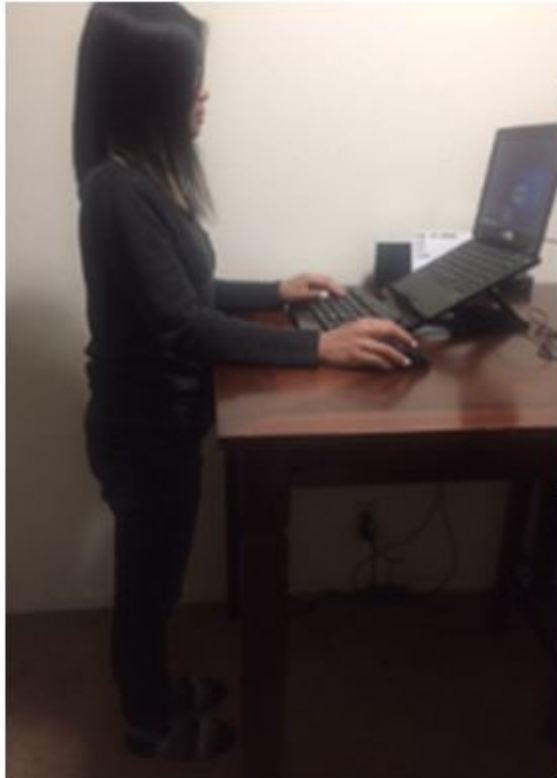


Stand up and move around while on conference calls

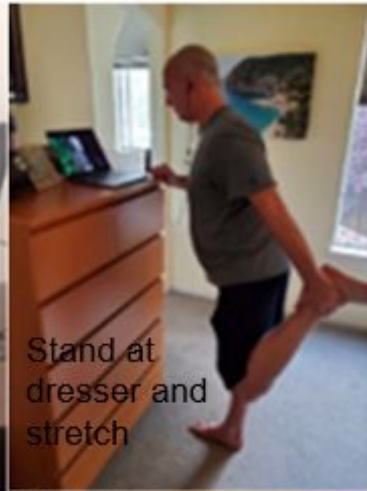


Creative Telework Solutions

For short intervals when you do not need to type or mouse a lot... like conference calls or while reading find some creative alternatives to change and move your body



Stand at a tall table or counter



Stand at dresser and stretch



Use an ironing board like a keyboard tray for either sitting or standing



Stand with the laptop raised on a laundry basket or box



Sit on the floor and use coffee table

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ergo@home with Melanie

Home Office Examples



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