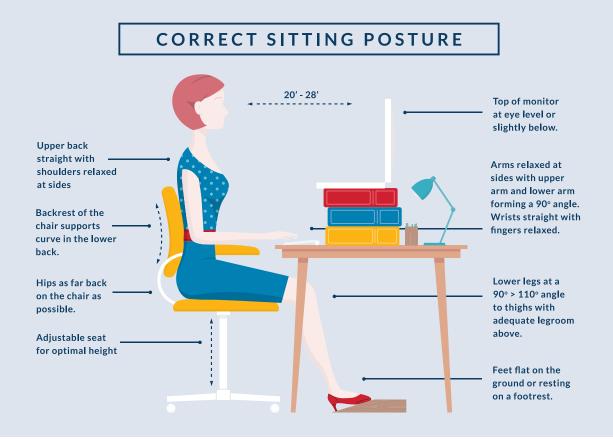
## **Tips for an Ergonomically Correct Home Office**



## Summary of adjustments you can make to your workstation at home

- Backrest height should fit the "S" curve, just above the buttocks.
- Seat pan tilt slightly forward.
- With your back positioned against the backrest, the front edge of the seat pan should be at least two inches from the back of the leg calf.
- Use a footrest if the feet are not flat on the floor.
- Adjust the seat height so that the shoulders are relaxed and the angle formed at the elbow is 90 degrees.

- Adjust the laptop (or monitor) height so that the top of the viewable screen is at eye level.
- Your hand should be just above elbow level when resting on the mouse to reduce extension of your wrist.
- Adjust blinds and direct lighting to eliminate glare on the screen.



The information presented in this publication is intended to provide guidance and is not intended as a legal interpretation of any federal, state or local laws, rules or regulations applicable to your business. The loss prevention information provided is intended only to assist policyholders in the management of potential loss producing conditions involving their premises and/or operations based on generally accepted safe practices. In providing such information, Republic Indemnity Company of America does not warrant that all potential hazards or conditions have been evaluated or can be controlled. It is not intended as an offer to write insurance for such conditions or exposures. The liability of Republic Indemnity Company of America and its affiliated insurers is limited to the terms, limits and conditions of the insurance policies underwritten by any of them.

Policies are underwritten by Republic Indemnity Company of America and Republic Indemnity Company of California. Products are only available in California, Alaska, Arizona, Nevada, Oregon, Idaho, Montana, Utah, New Mexico, Texas, Colorado, Kansas and Missouri. The wordmarks Republic Indemnity® and Get a clear way forward<sup>SM</sup> are service marks of Republic Indemnity Company of America. The Great American Insurance Group eagle logo and wordmark Great American Insurance Group® are registered service marks of Great American Insurance Company. © 2024 Republic Indemnity of America. All rights reserved. 5627-RI (03/24)



