Tips for Working from Home

- Have access to a mobile phone, headphones, and speakers
- If your primary device is a laptop, attach or pair a full-size external monitor, external keyboard, and vertical mouse
- Use a chair that has adjustable:
  - back tilt and tension
  - lumbar support
  - seat pan depth
- Use a surge protector and docking station
- Choose a dedicated, quiet, and secure space for your workstation that is at least 6 feet by 6 feet

6ft x 6ft

More working from home tips