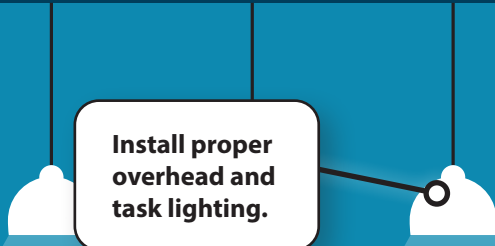


# More Tips for Working from Home

Take breaks each hour.



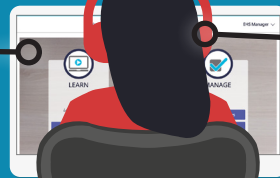
Install proper overhead and task lighting.



Establish a routine for work and personal activities to better balance family and work time.



Take an online ergonomics training course to learn how to properly set up and adjust your workstation.



Use a headset or noise-cancelling headphones to control external noise.



Change your sitting and reclining postures often throughout the day.



Use wearable devices to schedule reminders to move, walk, and change work postures.



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