

# OFFICE ERGONOMICS: CASE STUDY

## Success Stories

### Background

When this employee started working from home, he used his background in ergonomics and injury prevention to transform his home office to help him be successful during a transitional time. This set-up checks off a lot of the boxes! We love to see it!



### Some Things to Note

- This individual has multiple monitors in use. A good rule of thumb is to put the monitor you use most directly in front of you, making sure you are using a downward gaze.
- This individual uses an external keyboard and mouse to help keep his arms comfortably at his sides.
- He has invested in a chair to give him great back support while working.



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The individual was experiencing discomfort in his right forearm and wrist. He noted that the discomfort was aggravated by pronated ("palm-down") mousing posture observed with a standard mouse.



Using a Standard Mouse

#### Improvements Noted:

The individual implemented an adjustable angled mouse and reduced the degree of pronation. This option allows the hand, wrist, and forearm to be in a more neutral posture. Almost immediately there were notable improvements to comfort.



Using an Adjustable Angle Mouse



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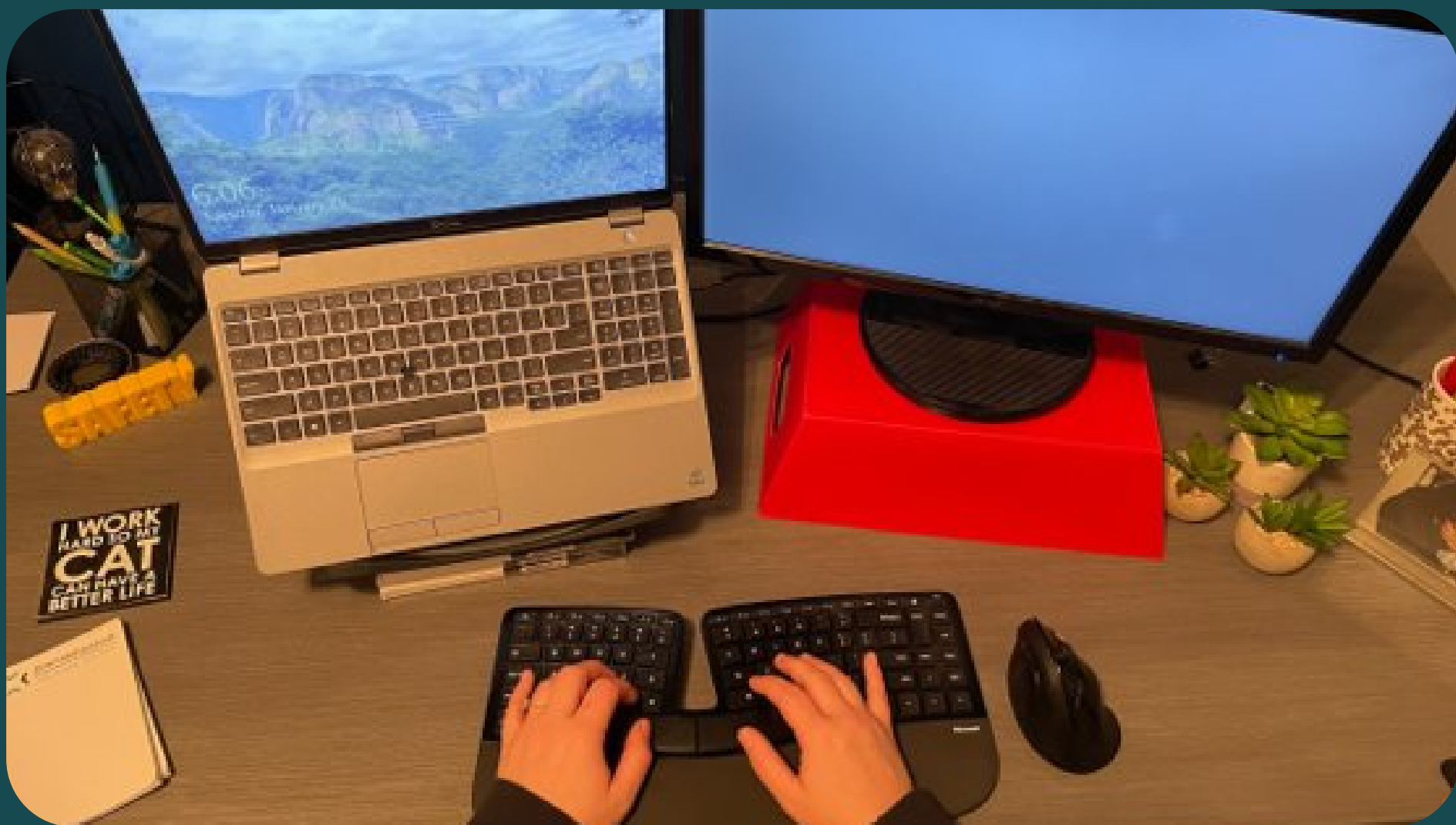


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This is a great example of some minor changes that can be made to help make your home setup right for you!



### Some Things to Note:

- This individual's arms and legs are at 90 degrees! Her arms are close to her sides and her feet are flat on the floor.
- Her monitor is propped up using a riser to make it a good working height (where the eye level is at the top of the screen).
- She also has a laptop stand! This allows the laptop screen to be used properly as a second monitor.
- Notice the external keyboard and mouse: both are ergonomically friendly. This allows a more comfortable and less straining position for typing and mousing.



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