

Ergonomics and social distancing at the office

There is brilliance in keeping your distance

Healthy TELEWORKING is the new normal



Know your CLASSICS

MOVEMENT in and around the office remains of the greatest importance



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A recommendation by VerV – professional association for ergonomics



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Healthy TELEWORKING is the new normal

- Ergonomics at home is a shared responsibility
- Invest in a teleworking policy
- Minimal required equipment for a teleworker includes:
 - A sufficiently large screen or an adjustable notebook holder
 - A separate keyboard
 - A separate computer mouse
 - A laptop backpack or trolley
 - An office chair (can be obtained through group purchase)
- Bring your co-teleworkers up to speed about ergonomic tips
- Provide video consultations with ergonomists for teleworkers that experience physical problems or who just have general questions

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- Ventilate the room regularly
- Provide sufficient depth perception (corona tip: avoid non-transparent partition screens that obscure vision and light)
- Provide sufficient (day) light
- Avoid any reflections (corona tip: avoid transparent partition screens that cause unpleasant sunlight reflections)
- Place the table/desk perpendicular to the window
- Counter-espionage: make sure that people who enter the room can't directly look at your screen
- Ask an ergonomist for advice

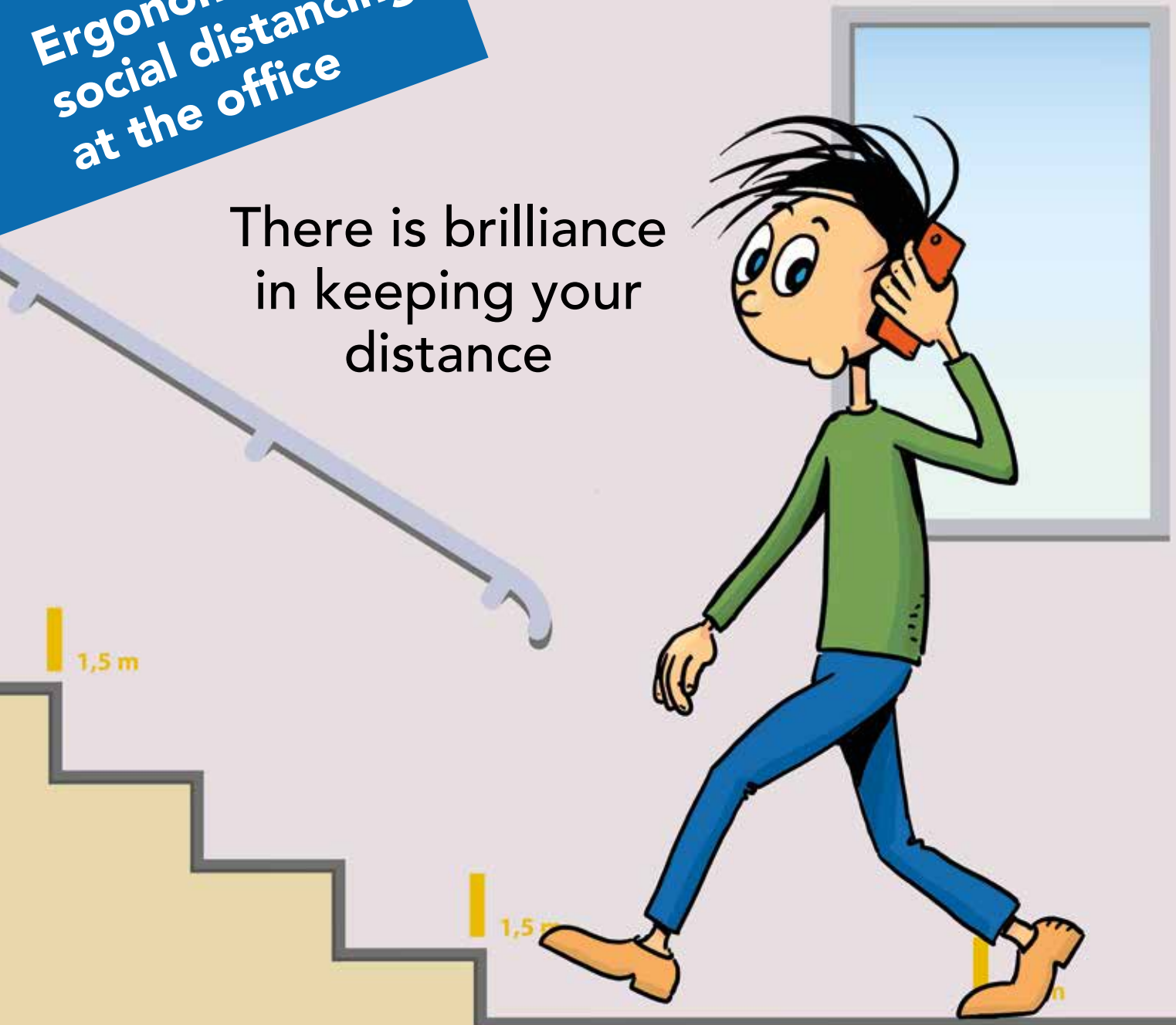
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MOVEMENT in and around the office remains of the greatest importance

Motivate your co-workers to stand up regularly and to move around from time to time. The following tips can help you achieve this:

- Stand up regularly, also during video conferences
- Social distancing is impossible in the elevator, so be sure to take the stairs
- Get yourself a glass of water regularly
- Wash your hands regularly
- Adapted walking routes can help increase your movement

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