



Poor Posture

POTENTIAL INJURY: Low back pain, upper extremity tendonitis

QUICK TIP: If you love working from somewhere other than a desk, make sure to setup your work area so you can work in a neutral posture. Avoid hunched forward postures, extending reaching in front of the body for the keyboard and mouse, and craning the neck or tipping the chin up or down when viewing your screen.



Squinting

POTENTIAL INJURY: Eye strain

QUICK TIP: Avoid direct sunlight or reflected glare on your screen. Use blinds and curtains to control light levels. Use a task light if additional light is needed for reading paper documents.

Fire



POTENTIAL INJURY: Burns

QUICK TIP: Move computers away from heat sources especially space heaters. Always use surge protectors to prevent damage to electronics and potential electrical fires.

Slips, Trips and Falls



POTENTIAL INJURY: Strains, sprains, contusions, head injuries

QUICK TIP: Clean up clutter (especially on stairs) and reroute cords and cables. Take the time to keep drawers closed, and quick-fix problematic carpet with duct tape.

Home Office Hazards

PINNACOL
ASSURANCE

Pinnacol resources

Perform an ergonomic self-assessment of your workstation: pinnacol.com/communications/office-ergonomics

Safe lifting and ergonomics: pinnacol.com/knowledge-center/safe-lifting-and-ergonomics

Slips, trips and falls: pinnacol.com/knowledge-center/slips-trips-and-falls

Workstation setup resources: pinnacol.com/knowledge-center/interactive-office-ergonomics-training