

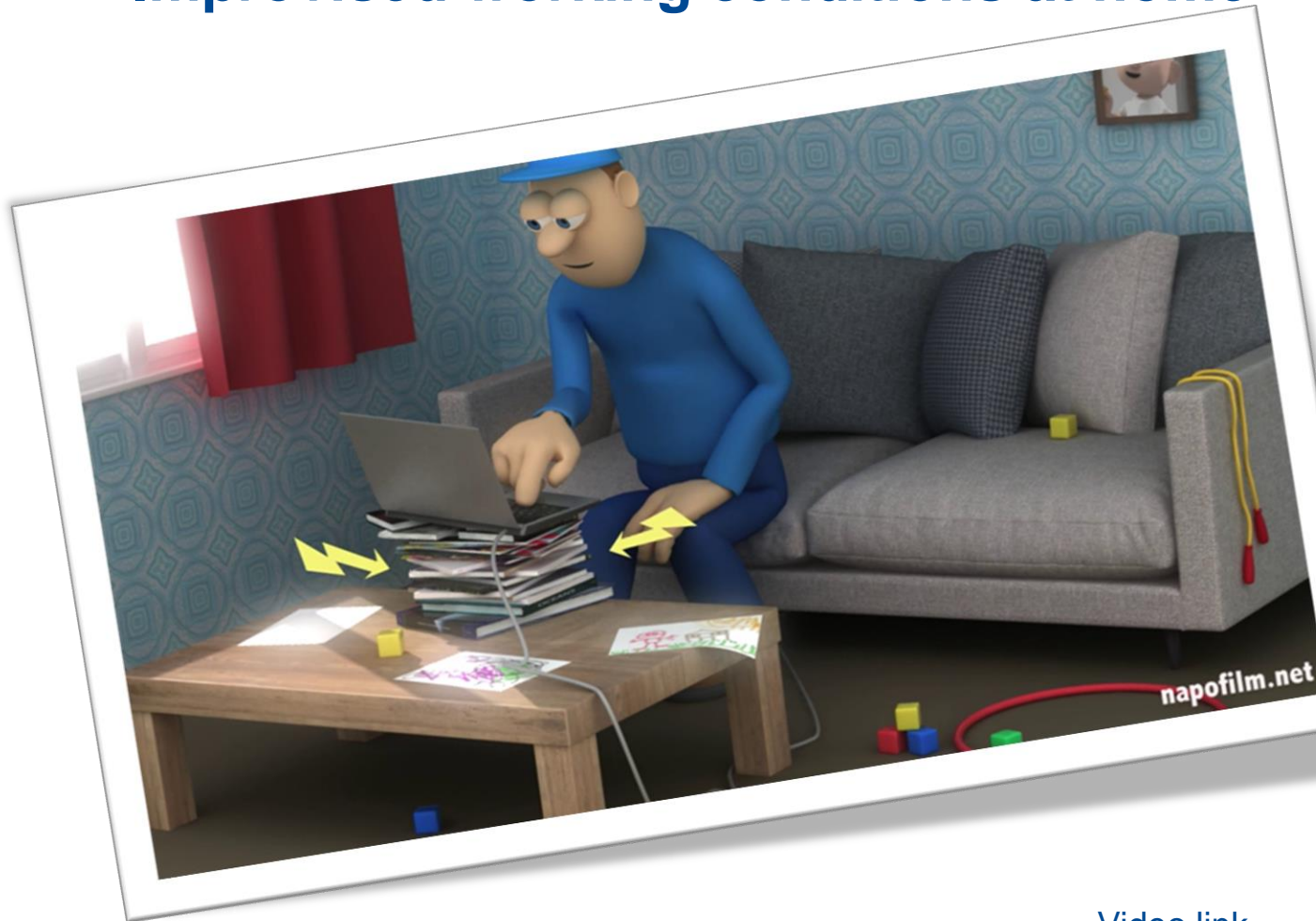
Ergonomics while teleworking

Good practice – for others and yourself

Torsten Wagner, Expert on Human Factors and Ergonomics



Improvised working conditions at home



[Video link](#)



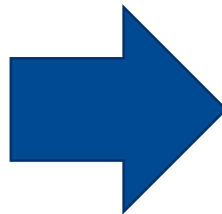
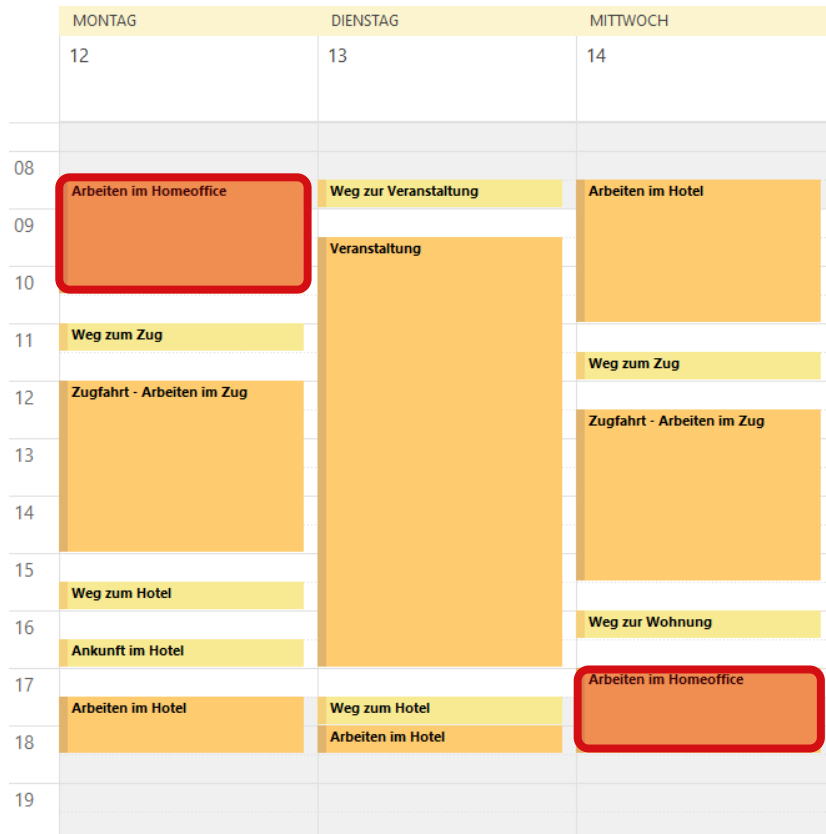
Illustrations: napo

How are the working conditions at home?

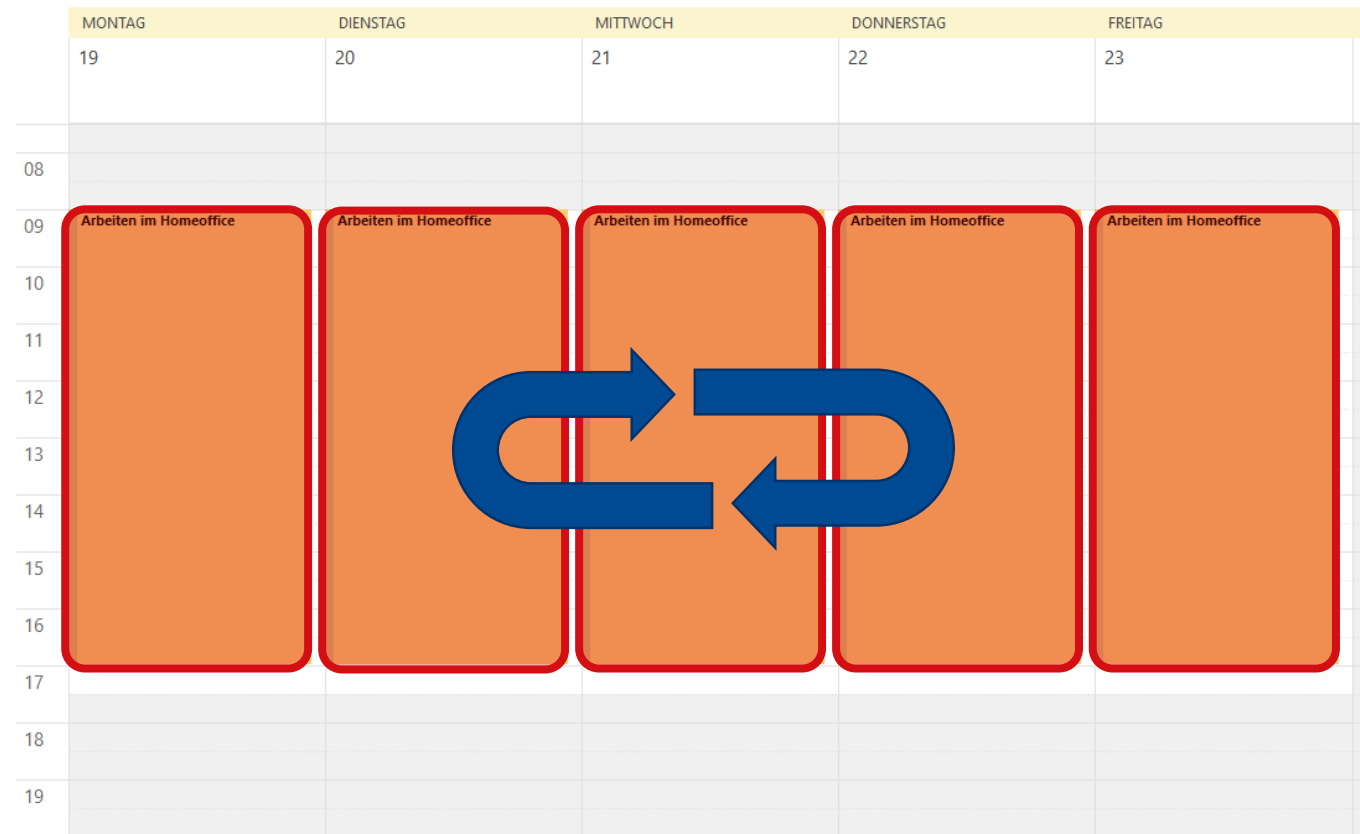


Photos: T. Wagner

From sporadic...



...to continuous teleworking





Goal:
Change your work position regularly:

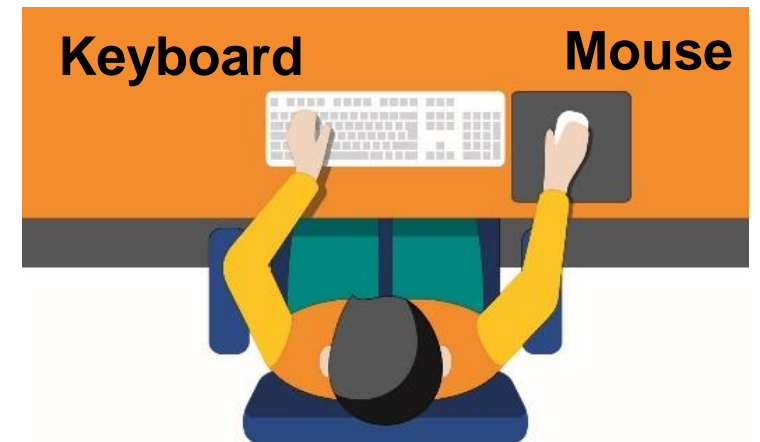
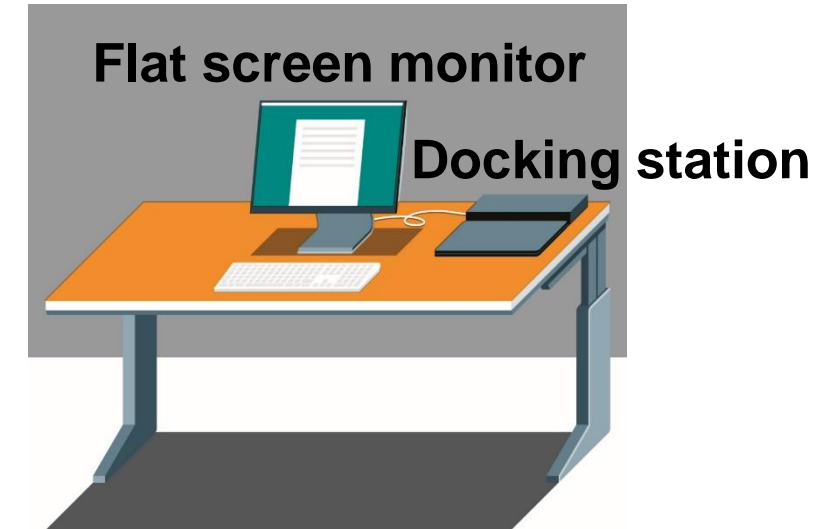
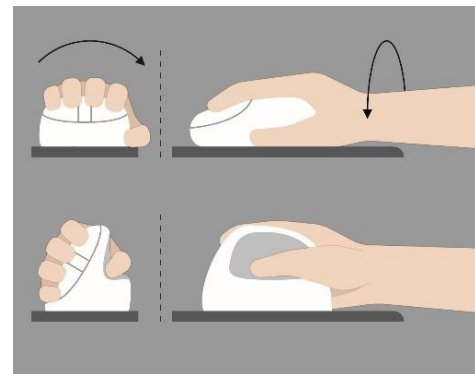
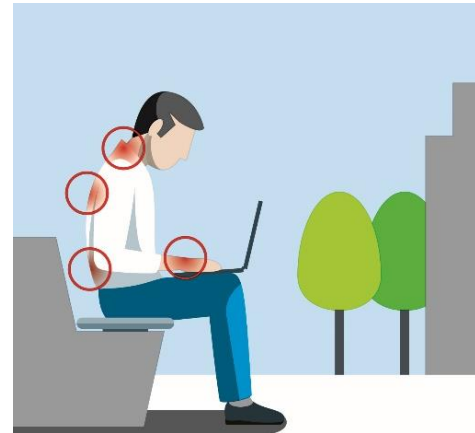
- max. 2 hours of continuous sitting
- max. 1 hour of continuous standing



Look for ways to
avoid remaining
too long in the
same position...



Elements of a work system



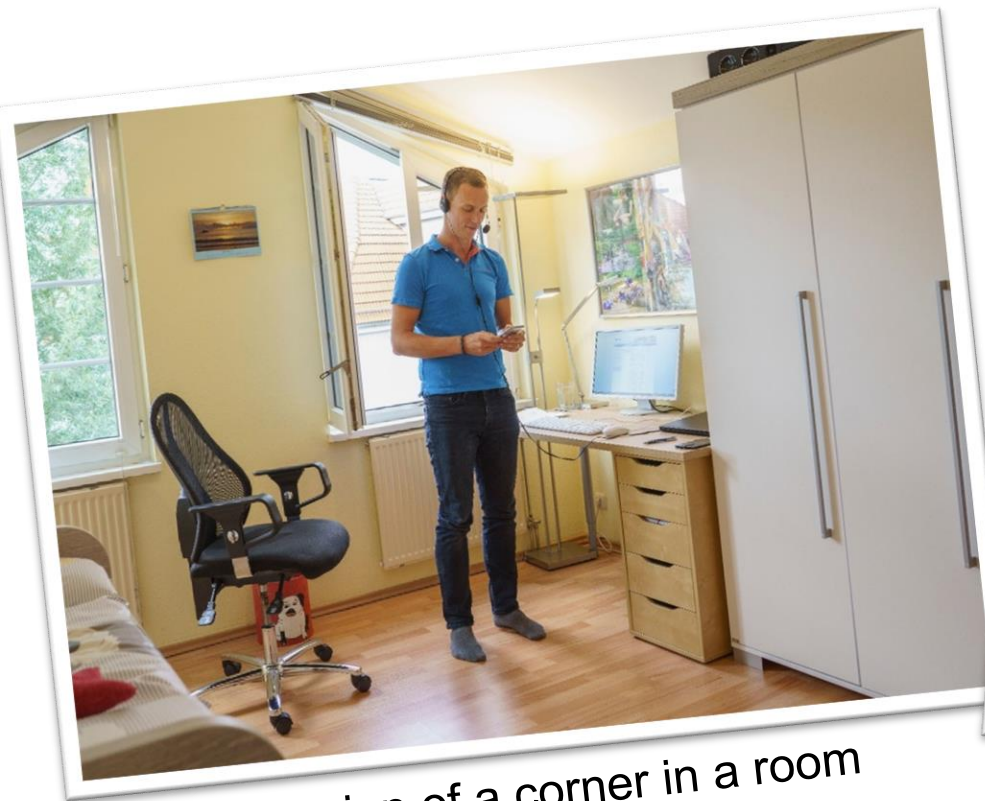
Working on a dining table



[Video link](#)

Illustration: napo

Some ideas on how to change the working conditions at home



Redesign of a corner in a room



Home office in a cabinet

[Link Flexispot](#)



Retrofit solution for a desk

[Link Design Multimöbel](#)

Photos: DGUV / Flexispot / Design Multimöbel

Thank you for your kind attention.



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