

Theme: All I want for Christmas is my two front teeth (and an ergonomic home office)!

Overview: Do you ever wonder how Santa keeps his body comfortable and warm on Christmas Eve? Maybe it's his ergonomic, heated seat with an adjustable lumbar support! Do you wish your home workstation allowed you the same comfort? If you frequently work from your home office, the better question for you is – how are YOU going to keep your body comfortable in the year ahead? As you approach the holidays, it's a good time to think – what are the one or two things that would make your home office a winter's wonderland rather than 12 months of a nightmare before Christmas?



Desk and Chair

Find a chair more comfortable than Santa's lap

- The healthy cornerstones of every home office are a chair and desk that fits you and the work that you do at home.
- We will help Santa and the elves by providing a wish list of essential features.



Keyboard

It's all downhill from here

- If your chair fits, the next critical step is positioning your tools so that you can sit in 'neutral'.
- With your arms at your side and elbows at 90 degrees, your tools should slide TO YOU (vs. reaching to them)
- What do you need to make this happen?



Task lighting

Rudolph – the ultimate task light

- Maybe the reason Santa needed Rudolph was because he's a little older and his vision isn't quite as good as it used to be.
- Here are a few items to help your eyes and your body keep from straining to see your work when you are at your desk.



Healthy Santa

What's your 2008 plan?

- Santa's going to be in a little bit of pain on boxing day.
- Do you pace yourself or 'push through' to get the job done?
- We emailed Santa with a few tips to help him stay comfortable in 2009.
- What's your plan?



ErgoRisk Management Group provides ergonomics tools, consulting and educational services to improve computer-based productivity and reduce risk of musculoskeletal injury development.