How to Set Up an Ergonomic Home Office for Long Computer D

Health · about 30 minutes · 2026-11-06

Adjust a home workstation around your body and tasks instead of forcing one rigid posture. These 27 steps cover assessment, desk clearance, chair support, feet, keyboard and mouse placement, laptop accessories, monitor distance, glare, documents, movement breaks, sit-stand variation, and ongoing reviews.

Things you will need

- A stable desk with adequate depth and leg clearance
- A supportive chair adjusted to the user and work surface
- External keyboard and pointing device for prolonged laptop work
- A stable footrest when the floor cannot support the feet
- A secure monitor support or document holder where needed
- Suitable lighting and an optional comfortable headset

Assessing the Workstation and Clearing Space

1. **Record how you actually work today**
   Observe your actual work before changing any equipment.
2. **Photograph and measure the current desk**
   Measure and photograph the current setup from the side and front.
3. **Choose a deep, stable work surface**
   Start with a stable work surface that has enough depth and leg clearance.
4. **Keep daily tools inside the primary zone**
   Place frequently used items within comfortable reach.
5. **Clear cable, light, and drink hazards**
   Remove avoidable cable, lighting, and equipment hazards.
6. **Use neutral posture as a reference point**
   Use a comfortable neutral posture as a reference rather than a rigid rule.

Adjusting the Chair and Supporting Your Body

7. **Set chair height so your feet are supported**
   Adjust chair height around the desk and your feet.
8. **Adjust seat depth for your thighs**
   Set the seat depth so your back can use the backrest.
9. **Fit lumbar support to your back curve**
   Position lumbar support to fit your natural lower-back curve.
10. **Lower armrests that lift your shoulders**
    Adjust or lower armrests so they do not raise your shoulders.
11. **Give both feet a stable rest**
    Add stable foot support and remove pressure points where needed.

12. Vary between supported sitting positions

Allow several supported sitting positions instead of holding one angle.

Positioning the Keyboard, Mouse, and Laptop

13. Centre the keyboard in front of you

Place the keyboard directly in front of you at a comfortable height.

14. Keep the pointer close and level

Keep the mouse or pointing device close and at the same level as the keyboard.

15. Rest your palms only between tasks

Use wrist or palm support mainly during pauses, not as a fixed pressure point.

16. Raise the laptop and add separate input

Equip a regularly used laptop with separate input devices.

17. Cut the force and repetition in typing

Reduce unnecessary force and repetition in your input habits.

Aligning Monitors, Documents, and Lighting

18. Place the main screen an arm's length away

Place the primary monitor directly ahead at a readable distance.

19. Set screen height and tilt for your neck

Adjust screen height and tilt to keep your head balanced.

20. Tune text size and brightness for the room

Set text size, brightness, and display quality for the room and task.

21. Kill glare before raising brightness

Control glare by changing position before simply increasing brightness.

22. Line up documents and extra screens

Align reference documents and additional screens with the work you do most.

Building Movement and Review Into the Workday

23. Take short recovery pauses on purpose

Insert frequent short recovery pauses into computer tasks.

24. Alternate sitting and standing safely

Alternate sitting and standing when your equipment supports it safely.

25. Move gently without forcing painful ranges

Use gentle movement and relaxation without forcing painful ranges.

26. Build calls into the variation plan

Make calls and non-typing tasks part of the variation plan.

27. Review the setup one change at a time

Review the setup weekly and adjust one issue at a time.

Sources

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