

How to work healthier: 10 facts for the home office



1

Not everyone has a desk at home. No matter which table you use, it should be 60 – 75 cm in height for seated activities.

6

If you don't have a good place for the monitor, a monitor mount can help you achieve the perfect viewing position: 50 – 80 cm from the user, with the top of the screen at eye level.

2

If your chair is height-adjustable, the seat should be between 42 and 53 cm in height, depending on the sitter's height. Alternatively, you can increase the chair's seat height with cushions or a folded blanket.

7

The kids are romping around, or your partner is renovating: noise adversely affects your ability to concentrate. Ensure that your working environment is not too loud.

3

The ideal position 90, 90, 90: While sitting, your hips, knees and ankles should be at a 90° angle. If you need to, place a book under your feet to find the right position.

8

Stale, dry air makes you tired and prone to illness. Regular ventilation and indoor plants give you an oxygen boost and increase humidity.

4

Stand up! Alternating between sitting and standing positions at regular intervals is good for your circulation and your back.

9

Mixing work and leisure is a stress factor (IBA report). Filing away your documents neatly, for example in the VARICOLOR® drawer box, reduces stress.

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Nothing is harder on the eyes than staring at a screen for hours. For this reason, we recommend using a good external monitor even if you already have a laptop screen.

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Spending time at your desk very early in the morning or late at night: Working from home can change our daily routines. Lamps with biologically effective light, e.g. from the LUCTRA® collection, can be adapted to your individual rhythm and enhance your well-being.