Working from home can be difficult. Working at your kitchen table in a chair designed for a 30 - 40 minute meal will result in a sore bottom and back. If you have kids and you’re this guy, converting your guest bathroom into his office... not good either way.

If you don't have an ergonomic chair, make sure you take frequent standing breaks. Don't work more than 20 minutes at a time. Get up and get your circulation moving.

Thanks to NAIOP member Jeff Hall with CJ & Associates for providing some helpful tips for those who are setting up home offices to work remotely.
Working Remotely
Tip #2

Benefits of an Ergonomic Chair

- Support
- Proper Posture Proper
- Hip and Pelvis Alignment
- Prevent Slouching and Forward Head Posture
- Reduce the Need for Repetitive Trunk Flexion
- Improved Comfort

Ergonomic chairs can reduce back pain by promoting a sitting posture that allows proper alignment of the shoulders, hips, and spine. This reduces abnormal strain on the body and prevents harmful positions such as slouching and forward head. The extensive adjustability of ergonomic chairs enables users to achieve a more custom fit than standard chairs. They can help with a wide range of musculoskeletal conditions including pain in the neck, mid-back, and lower back. Below is a diagram displaying proper seating position.

Office ergonomics: Your how-to guide

- Monitor: Below the horizontal optical axis + min. an arm’s length away.
- Keyboard and mouse: In line with elbows. Hand rests prevent the hands from bending.
- Adjust the monitor slightly forward, and sit upright! Knees and elbows at a right angle prevents pain.
- Place feet firmly on the floor. Foot stool protects the back.

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Work From Home Package
Quick Ship items you can order individually, or as a group.

$165.00 each
Black Task Chair with ergonomic adjustments and lumbar support.

$595.00 each
Electric Height Adjustable Table in your choice of 6 colors for 24”x48” top on a silver base.

$165.00 each
Desktop Power Module with 2 AC and 2 USB outlets. Can mount on top or under desk.

$175.00 each
Dual Monitor Arm Clamp Mount

$150.00 each
Single Monitor Arm Clamp Mount

DETAILS -
We can drop ship to your location, or we can assemble, deliver and install the product. Assembly, delivery and installation - add $50.00.
Items shown are in stock and ready to ship. Expect to have in 4-5 business days. Terms: 90 days after delivery. If you have any questions - call! We are in the office!