



## Work it: easy! at home

Tips for working from home





## *Working environment*

In general working with mobile devices is everywhere in your home possible. When setting up your home office you should make sure to look for a space where you can work, as far as possible, undisturbed and concentrated. Relaxing is important for the human body. But as a permanent working posture it damages the back. Therefore, it is better not to work from the sofa with your laptop on the knees.

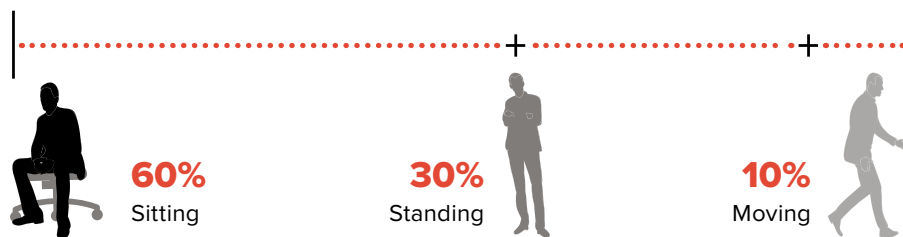
While working with a notebook, a solid surface supports an ergonomic seat position. If the muscles tension and you become restless, you should necessarily change your position. Do never ignore the signals from your body! Therefore stand up every now and then, move around and especially let fresh air flow into the room.

## Breaks and diet

Take – as usual on your office workstation – (coffee-) breaks and tank up on new energy! A healthy diet is a point, which should not be neglected while working from home. Therefore - do not eat on your working desk; take your time for a real lunch break.

Especially in a home office it is important – such as in our daily working life – to end the work and not check your mails again before dinner. It is also important to reduce the flood of news or to stop completely. The continuous rush of negative news has for sure an impact on your mood.

## Healthy rhythm while working



## Adjustment swivel chair

In addition, the best swivel chair for the home office can only be used optimally with its functions, if it is right adjusted and used by the owner. A good swivel chair provides the possibility of an individual adjustment of body height and proportions. All a question of the right adjustment!

- › Full usage of seat: This is the only way that the backrest can fully support.
- › Adjust seat depth correctly: The length of the thighs determines the seat depth. Therefore, allow one hands width between the hollow of the knee and the front seat edge.
- › Optimal adjustment of seat height: Simply adjust seat height exactly so that is the same as your lower leg length.
- › Set the lumbar support: The height adjustment of the lumbar support should give the back a good hold - and therefore never be below the belt. Height and width adjustable armrests ensure optimum support. The adjustment is good, if the arms are well supported and the shoulders are loose and relaxed.
- › The more you change the seating position, the better for your personal fitness. That is dynamic, ergonomic sitting!





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