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Tips for an Ergonomic Home Office

by Maura Grunlund / Staten Island Advance
Thursday October 16, 2008, 5:00 AM

The days of the home office being a makeshift space are over as more people work from their houses.

An uncomfortable chair or a disorganized, cramped work space becomes unbearable in a 24/7 situation.

"If you're going to be spending significant time in your home office, from eight to 20 hours a week or more, you're going to want a space that's a little more comfortable, functional and aesthetically pleasing than the spare room or corner of a room that's passed for a home office in years past," said Mark Brandt, co-owner of DirectBuy of Manhattan.

A good start is to do a floor plan that includes details such as locations of electrical outlets and measurements for windows, doorways and closets.

Consider buying ergonomic chairs, desks and other pieces. In addition to width and height take into account the depth of the furniture so that, for example, there is comfortable room for a chair in front of a desk.

Lower shelves to reach for books, folders and other items without straining. Put lighting under workspace shelves in order to read more easily.

Avoid tilting your head up or down to see the computer screen by putting the monitor on a platform.

Wall-to-wall carpeting is a no-no as offices are high-traffic areas that easily show wear. Try using carpet tiles that may be replaced around the desk and then hardwood flooring or ceramic tile for the remainder of the room.

Neutral, soothing colors are recommended for the walls.



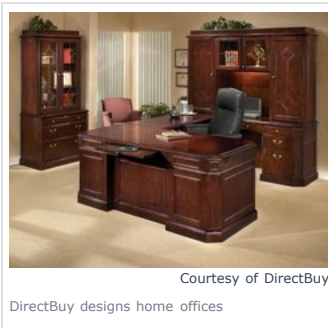
Control how much natural light the room receives by using blinds, sheers, louvers, shutters and other window treatments.

DirectBuy carries brand-name office furniture at wholesale prices and also employs product specialists and designers who help members create



Courtesy of DirectBuy

Office setting from DirectBuy



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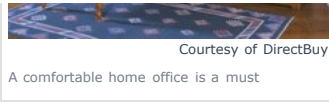
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