

Remote Work Ergonomics Checklist

Please check the corresponding box once you have completed a task.

Items	Considerations	Check
Computer/Laptop	Adjust the monitor to eye level to reduce neck strain and eye discomfort.	8
	Set the brightness and contrast levels of your monitor to minimize eye strain, especially during prolonged use.	
	Opt for clear and legible fonts with an appropriate text size to enhance readability and reduce eye fatigue.	0
Keyboard and Mouse	Look for features such as a split design, adjustable tilt, and cushioned palm rests to support a natural hand position and reduce	8

Checklist Automation Remote Work

Julian M. Swenson

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