



# Safety and Environmental Newsletter

March 2020 — 95<sup>th</sup> Edition

## TELEWORKING AND ERGONOMICS

While we all adjust to life working from home, we must be proactive and set up a proper workstation to maximize teleworking productivity. Ergonomics is about improving your comfort, health, and productivity with thoughtful workplace design. Below are some basic tips to help with your home office setup.

- ☐ Set the top of your monitor at eye level
- ☐ Keep your neck straight
- ☐ Keep monitor an arms-length away
- ☐ Keep arms/elbows close to your body
- ☐ Keep wrists straight
- ☐ Choose a chair with back support
- ☐ Use cushions for extra comfort/height
- ☐ Avoid using a stool or couch to sit on
- ☐ Use a table or desk as your work surface
- ☐ Keep knees at 90° with feet flat on floor
- ☐ Take regular breaks

Join the certified professional ergonomists [here](#) on **Thursday, March 26, 2020 at 2 p.m.** for a live 30-minute webinar to learn some tips and tricks on how to properly set up your workstation at home and to also hear some low-cost ways to stay healthy and comfortable while you work from home.

For additional tips on teleworking and ergonomics, visit:

[www.humantech.com/your-work-from-home-toolbox/](http://www.humantech.com/your-work-from-home-toolbox/)

and

<https://nsc.nasa.gov/topics/ergo>



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## 50th Anniversary Celebration of Earth Day!

**50** years ago in 1970 the very first Earth Day celebrations took place in a world that was dealing with increasing pollution and a bevy of environmental issues. Senator Gaylord Nelson (D-WI), concerned with the state of the nations natural resources, started a grassroots celebration of the Earth in hopes of garnering the support of the American people to push congress into creating environmental protection legislation. This grassroots celebration took off, resulting in the creation of much needed federal policy. Today, we recognize Earth Day annually on April 22 as the birthday of the modern environmental movement.



### Tips for Celebrating Earth Day from Home:

- Read a book instead of streaming, as streaming is notoriously carbon-intensive.
- Switch to green power! Many utility companies offer energy from renewable sources, so call yours today and make the switch.
- Use your time indoors to plan a neighborhood garden exchange with your neighbors! Use apps like Facebook or Nextdoor to help you reach out to others and get organized.
- Switch to a plant-based lifestyle and start composting. It's a great time to make the switch!
- Go outdoors and plant some seeds



### Did you know?

**The USDA's free ecoSmart Landscapes tool can be used to calculate energy savings in your home based on the location and variety of trees in your yard. Try it out!**

[https://](https://www.fs.usda.gov/ccrc/tools/ecosmart-)

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Find a complete list from the Earth Day Network here: <https://www.earthday.org/11-actions-for-the-planet-during-a-pandemic/>

### Fun Facts About Earth Day:

- Earth day is globally celebrated by more than 193 countries in the Earth Day Network.
- Earth day was only celebrated once a decade (1970,1980,1990), until in 1990 when it went global and became an annual holiday.
- The book *Silent Spring*, by Rachel Carson helped spark the Earth Day movement.
- Earth Day is the largest secular holiday in the world.
- Over a billion people are estimated to partake in Earth Day activities each year.
- Many communities celebrate Earth Week.

