



# Ergonomics for Home-Based Workers: Use Your Brain to Save Your Body

*Marilyn Ekdahl Ravicz*

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## **Ergonomics for Home-Based Workers: Use Your Brain to Save Your Body** Marilyn Ekdahl Ravicz

We all work at home—even if we aren't telecommuters, entrepreneurs or stay-at-home parents. Whether we're paying the bills, helping children with homework, or operating a home-based business, time at home often requires us to spend hours at home workstations. Most of the time, we don't realize we're using our equipment in unhealthy ways. Fortunately, you can reduce the wear and tear on your body by learning about ergonomics. In this guidebook, a longtime medical anthropologist shares tips and strategies that enable you to develop habits to work efficiently and comfortably; conserve your energy and work smarter; and use your brain in order to save your body. By tweaking your environment and the ways you use office equipment, you can change your life in all sorts of ways. Taking steps to reduce aches and pains can immediately improve your relationship with your significant other, children, family, and friends. It's essential to be smart about how you use sophisticated machines, especially the ones you use for prolonged periods. Overcome minor and even severe physical problems with Ergonomics for Home-Based Workers.

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