

Ergonomic Guidelines and Videos

Ergonomic Guidelines

- [Ergonomics: Steps to Adjusting Your Office Chair](#) [1]
- [Ergonomics: While Working Remotely](#) [2]
- [Ergonomics: What to Look for in a Chair](#) [3]
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- [Office Ergonomics – Remember the Basics - Sitting](#) [7]
- [Office Ergonomics - Remember the Basics - Sitting and Standing](#) [8]
- [Stretching @ Work](#) [9]

Video - Ergonomic Work Station Setup:

<https://www.youtube.com/watch?v=DN7vOIQWRgQ> [10]

Video - Adjusting Your Office Chair:

<https://www.youtube.com/watch?v=DEGrgHXQn0s> [11]

For further information please contact Occupational Health and Wellness (OHW) by phone at 519-824-4120 ext. 52647 or by [email](#) [12].

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Links

[1] <https://www.uoguelph.ca/hr/ergonomics-steps-adjusting-your-office-chair>

[2] <https://www.uoguelph.ca/hr/ergonomics-while-working-remotely-0>

[3] <https://www.uoguelph.ca/hr/ergonomics-what-look-chair>

[4] <https://www.uoguelph.ca/hr/sites/default/files/Hospitality-ergonomic-tips.pdf>

[5] <https://www.uoguelph.ca/hr/sites/default/files/Ergonomic-Laboratory-Tips.pdf>

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[8] <https://www.uoguelph.ca/hr/sites/default/files/Office-Ergonomics-Sitting-and-Standing.pdf>

[9] <https://www.uoguelph.ca/hr/sites/default/files/Stretching-at-Work.pdf>

[10] <https://www.youtube.com/watch?v=DN7vOIQWRgQ>

[11] <https://www.youtube.com/watch?v=DEGrgHXQn0s>

[12] <mailto:ohw@uoguelph.ca>