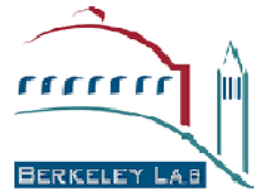


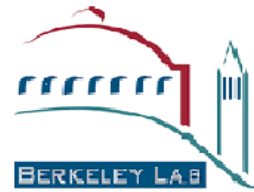
# Reminders



←-----6 Feet -----→

# Reminders

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Ergonomic safety remains a top concern.

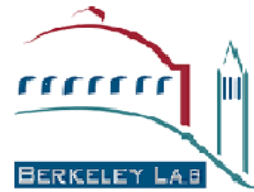
- Please do not work directly on your laptop!
- Create a healthy routine and balance such as work for a while... then do a family/ personal activity
- Create ways to move at least every 30-40 minutes
- Having more than one work location  
(ie. during conference calls when no typing and mousing - find other spots... stand at a counter/dresser/ ironing board, sit in a comfy chair with pillows propping up the laptop, sit outside - all healthy options for a posture change)
- Ergonomic Tips for Working and Schooling at Home During COVID-19  
May 6, 2020 | 12:00-1:00pm Pacific

<https://www.coeh.berkeley.edu/20web0506>

If you have taken a monitor or other lab equipment home, you should fill out the [loan form](#) if you haven't already

# Reminders

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**Site Access:** Limited site access to support remote work is still allowed; please continue to get supervisor approval and fill in the NSD Site Access Form. If you do come on site, please be sure to observe social distancing. For more information, see

[On-site COVID-19 Safety and Work Controls](#)

If you will be performing work in a technical area you must be added to a new WPC activity (NS-0119) – Contact me

The Lab now recommends that everyone wear a cloth face mask (non-medical grade) to protect others while on site. This is not a requirement, but it is a recommendation in line with the latest CDC advice and Alameda County order.



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# Stay Safe

# QUESTIONS?