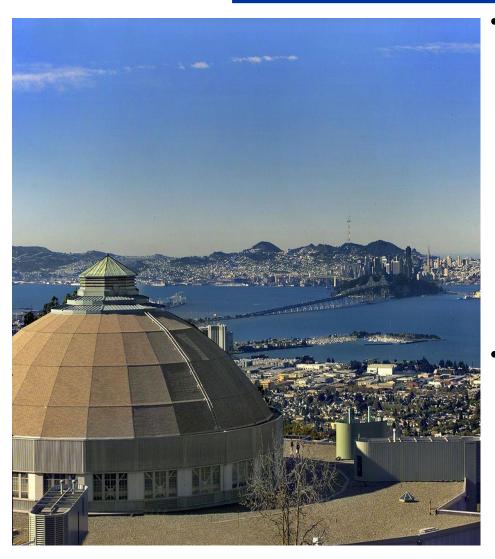
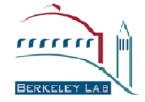
Updates





- Major Changes
 - NO Face Coverings Required (COVID)
 - Still may be required based on Flu Vaccination
 - Travel Approvals back to Pre-Pandemic (No WPC) (testing and quarantine requirements / Pub 3000 Ch46)
- No Changes
 - LBL0012 Required
 - COVID WPC Required (No OJT)
 - "Fully Vaccinated" (Must upload booster info)

Ergo

1 Minute 4 Safety

From Home Office to Lab Office





While you may not be able to work in your slippers anymore, that doesn't mean you can't be comfortable when you return to work at the Lab. Your good ergonomic set-up in both places will keep you working easily and safely.

Berkeley Lab Ergonomics

Furniture and Seating

Chair Adjustment Guide

Table Adjustment Guide



Keep

houlders

not raised

relaxed and

Don't rest wrists

Keep forearms

surface

natabast.

floating or lightly

Type and mouse with

wrists streight and not

bent or uncomfortably

resting on your work

on hard edges

Align your ears,

entically

St upright or slightly

recined and all the

Make sure your seat

supports the natural

S curve of your spine

Rest elbows at side to prevent reaching

Align your hips to the

Support thighs

on seat

same level as your

way back

forward.

Inees

shoulders, and hips



Remember to adjust your station to you. Don't adjust you to the station...

- Adjust your chair height, depth, arm rests and lumbar support so that you are supported and comfortable.
- Make sure your keyboard and mouse are in close and you're not reaching to use them.
- Your monitor should be slightly below your eye level and at about an arms distance away from you (this may differ if you wear glasses).

EHS ERGO TEAM

If you do not have the needed equipment or need assistance in making proper adjustments please reach out to ergo@lbl.gov for a virtual ergonomic evaluation or quick check-in.

Rest feet flat on floor or footnest



LAWRENCE BERKELEY NATIONAL LABORATORY



Multiple website that provide up-to-date information for those returning to the lab

https://covid.lbl.gov/home/returning-to-the-lab

https://sites.google.com/lbl.gov/returntosites/at-a-glance

Access & Badges

COVID

Culture

Safety & Security

Services

Strategic Direction

Transportation & Parking