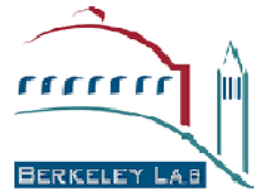


# Updates



- **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



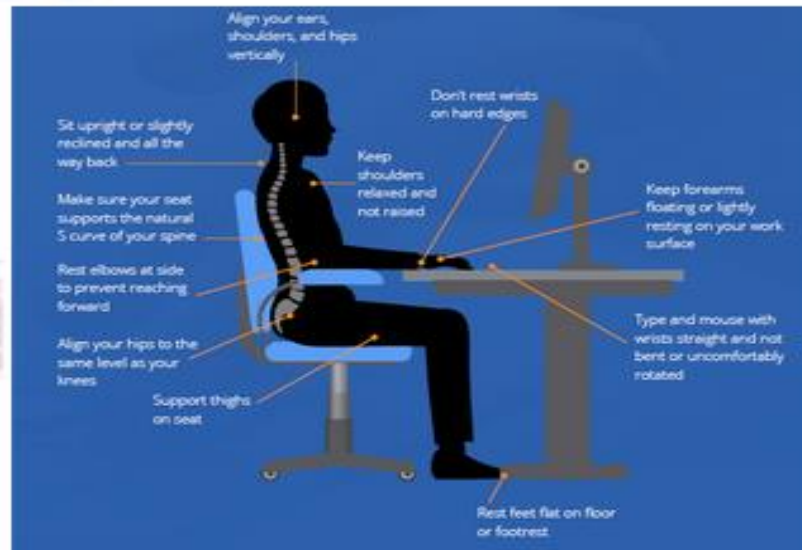
While you may not be able to work in your slippers anymore, that doesn't mean you can't be comfortable when you return to work at the Lab. Your good ergonomic set-up in both places will keep you working easily and safely.

### Berkeley Lab Ergonomics

#### Furniture and Seating

[Chair Adjustment Guide](#)

[Table Adjustment Guide](#)



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).

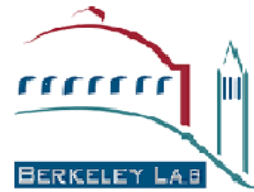
EHS ERGO TEAM

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



# Returning to the Lab

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**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