

Setting up the perfect work from home set-up

Due to a range of factors including the COVID-19 pandemic, more of us are now working from home than ever before.

With US-based workers quickly overcoming initial tech issues and big businesses rapidly adapting to the new remote working culture, it seems as though home working is here to stay. If you work remotely, the configuration of your home office space can go a long way in helping to boost productivity, well-being and efficiency - but how can you achieve the perfect work from home set-up?

Picture 1 of Setting up the perfect work from home set-up

1. Quality laptop or PC:

Perhaps the most obvious and essential piece of equipment for any remote worker is a high-quality laptop or PC. While top technology is crucial in practical terms, it can also help to reduce stress and save valuable time in each working day. Ensure your monitor and keyboard are at the correct height for your desk to eliminate strain and feel free to connect audio devices and speakers to your device using firewire cables.

2. Dedicated space:

Remote working has been a driver in productivity growth in the United States since the pandemic began - while there have been a number of proposed explanations for this surge in productivity, there's no denying that many workers tend to feel more relaxed in their own space, while the avoidance of costly, time-consuming commutes is also a plus. In order to separate 'business from pleasure', many remote workers choose to allocate a dedicated office space for their work that's distinct from other areas in the home. By securing a dedicated working space, it's easier to strike a work-life balance and 'take a break' in another area when necessary.

3. Ergonomic chair:

In the same way that the placement and height of your PC and desk can eliminate strain on your eyes, neck and back, investing in a purpose-built ergonomic chair is a great way of making your workspace more comfortable. Ergonomic chairs can also reduce the risk of repetitive strain injury and carpal tunnel syndrome when spending long hours at your desk.

4. Natural light:

Natural light is an extremely important element of any healthy working environment - regular exposure to natural light has been proven to improve short-term memory and concentration levels in office workers and reduce sickness and absenteeism. Natural light also enables the body to improve its regulation of melanin,

serotonin and vitamin D.

5. Desk lamp:

Consider investing in a quality desk lamp to upgrade your workspace - proper lighting reduces optical strain, while lamps can provide much-needed illumination when working nocturnally.

6. Fast internet service:

A high-speed internet connection is just as essential as a high-quality laptop or PC, so consider changing your service provider or even moving the location of your home workspace if this will improve connection speeds. Once you've taken the steps above and ensured your internet service is as speedy as possible, your home office set-up should be good to go!

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