



We have a tendency to say that remote work allows us to work “in the comfort of our own home”. But if our house is comfortable for our everyday life, it is not necessarily suitable for office work. Ideally, our workspace at home should follow [office ergonomics guidelines](#).

Before putting money in a temporary office, you should invest your time in a [free training about ergonomics](#). Also, here is an [article](#) that gives tips to deal with a non-optimal setup. Act now to prevent pain!