
ATMOSPHERE COMMERCIAL INTERIORS

work from home
designing for the evolving
home workspace



COVID-19

As we look to return to workplaces and public spaces post COVID-19, we have found that our clients are working hard to regain high-performance spaces while keeping the safety of their team members, staff and guests a top priority.

Our own Worklabs reflect this new balance of culture, enhanced protocols, and spaces that best support our teams. And we're working with clients across every industry, large and small, to learn about their needs and to develop real solutions for their workspace challenges based on extensive research from Steelcase.

We also have a dedicated team of *Evolving Workplace* designers and specialists that are applying client insights and Steelcase research to help business move forward.

The team shared their best ideas for our Thought Starter Series to help you easily envision, budget and plan your solution.

Explore other ideas and insights here:

[Evolving Workplace Resources + Thought Starters](#)



how do you work at home?

Do you have a home office space? Or are you making it work from your dining table?

The sudden nature of the COVID-19 pandemic forced people to make do with what they had – a dining table, the couch, even their bed. But now that many people will continue to work from home in some capacity in the future, it's important to provide them with ergonomic seating and effective work tools to be comfortable and productive and help avoid injury from poor posture, repetitive movements, eye strain, etc.



For most organizations, our homes will become part of an expanded ecosystem of places where people will continue to work some of the time. While everyone faces their own set of challenges and home sizes can vary drastically, providing ergonomic support and maximizing space – even small ones – help create workspaces at home that are more comfortable, enhance productivity and boost wellbeing.



A



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Tools for the dining table worker

- A. Set-on height adjustability
- B. Protect your dining table
- C. Easy to move bins to store and go
- D. Privacy to shield distractions and absorb sound
- E. Dedicated place to print

A



B



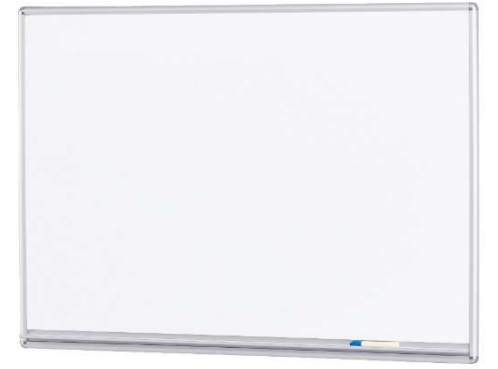
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Tools for the home office worker

- A. Rugs help to absorb sound
- B. Height adjustable desk
- C. Console desk
- D. Ergonomic office chairs
- E. Whiteboards
- F. Artwork
- G. Monitor arms

F



A



A



B



C



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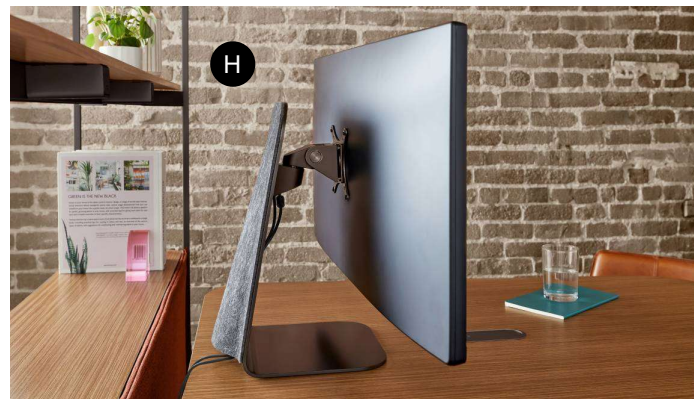


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Accessories + Technology Solutions

- A. Organizational tools
- B. Phone dock
- C. Convenience
- D. Additional lighting
- E. Hightower desk caddy

- F. Biophilia
- G. Power strips
- H. Raise your monitor with monitor arms
- I. Laptop shelf
- J. Monitor bridge







ENHANCED LIVING SPACE



A. Active Lift Riser
B. Coalesse Freestand Table





A. HON Coordinate desktop riser
B. HON Perch stool



A. MDC Func Alinta freestanding screen

MULTIPURPOSE SPACE



- A. Steelcase Slim standing table
- B. Steelcase Think stool



A. Steelcase Brody Worklounge
B. Turnstone Campfire footrest



- A. Steelcase Currency desk & mobile pedestal
- B. Steelcase Active Lift Riser
- C. Steelcase Series 1 task chair
- D. Steelcase Clipper screen



- A. Steelcase Flex height adjustable desk
- B. Steelcase Think task chair
- C. Steelcase Clipper screen
- D. Steelcase Soto worktools
- E. Turnstone Campfire footrest



- A. West Elm Greenpoint desk
- B. Steelcase Amia task chair
- C. Steelcase Clipper screen



- A. Steelcase Currency desk
- B. Steelcase Amia task chair
- C. Turnstone mobile storage
- D. Steelcase Soto worktools
- E. Turnstone Campfire screens



- A. Steelcase Migrations height adjustable desk
- B. Steelcase Leap task chair
- C. West Elm Greenpoint storage credenza
- D. Steelcase Soto worktools



- A. Turnstone Bivi Table for Two
- B. Steelcase Gesture task chair
- C. Turnstone Bivi Storage Trunk
- D. Coalesse Bob lounge chair
- E. Coalesse Freestand personal table





- A. AMQ Activ height adjustable desk
- B. AMQ Zilo task stool
- C. AMQ Revi mobile storage
- D. AMQ Boost power box



- A. AMQ Activ height adjustable desk
- B. AMQ Zilo task stool
- C. AMQ single monitor arm
- D. AMQ 3F screen



- A. AMQ Activ height adjustable desk
- B. AMQ Zilo task stool
- C. AMQ S-Series slim pedestal
- D. AMQ Boost power box
- E. AMQ 3F screen



- A. HON Build table
- B. HON Convergence chair





A. HON Between nesting table
B. HON Solve task chair



A. HON Voi desk
B. HON Solve task chair



A. HON Between nesting table
B. HON Matter 4-leg chair



- A. HON Voi desk
- B. HON Matter task chair



A. Group Lacasse C.A. Casegoods
B. Group Lacasse Radiance task chair





A. Group Lacasse C.A. Casegoods
B. Group Lacasse Radiance task chair



A. Group Lacasse C.A. Casegoods
B. Group Lacasse Upswing task chair



A. Group Lacasse Stad casegoods
B. Group Lacasse Astral task chair



- A. Group Lacasse Stad casegoods
- B. Group Lacasse Astral task chair



A. Group Lacasse Stad casegoods
B. Group Lacasse Astral task chair



DEDICATED SPACE



- A. West Elm Greenpoint desk and storage
- B. Steelcase Amia task chair
- C. West Elm Slope lounge chair
- D. West Elm Maisie occasional table



- A. Turnstone Bivi Table for Two
- B. Steelcase Think task chair
- C. Turnstone Bivi storage trunk
- D. Steelcase Soto worktools



- A. Turnstone Bivi table
- B. Steelcase Amia task chair
- C. Turnstone Bivi Depot
- D. Turnstone Campfire Big Lounge
- E. Turnstone Campfire Personal Table



- A. West Elm Greenpoint desk
- B. Steelcase Gesture task chair
- C. West Elm Greenpoint credenza and bookcase
- D. Steelcase Soto worktools



- A. Steelcase Migration SE height adjustable desk
- B. Steelcase Amia Air task chair
- C. Blu Dot Peek two door dresser
- D. Blu Dot Perimeter floor lamp



- A. West Elm Greenpoint desk
- B. Steelcase Amia Air task chair
- C. West Elm Greenpoint storage
- D. Blu Dot Welf shelves



- A. AMQ Activ height adjustable desk
- B. AMQ Zilo task chair
- C. AMQ Revi mobile storage



- A. AMQ Activ heigh adjustable desk
- B. AMQ Zilo task chair
- C. AMQ Boost power box
- D. AMQ Single monitor arm



- A. HON Voi desk
- B. HON Matter task chair
- C. HON 10500 mobile pedestal



- A. HON Coordinate height adjustable table
- B. HON Solve task chair
- C. HON Voi low storage credenza



- A. HON Voi desk
- B. HON Ignition 2.0 task chair
- C. HON Voi low storage credenza



A. HON 10500 Series
B. HON Solve task chair



SEATING



A



B



C



D



E

STEELCASE SEATING

- A. Steelcase Series 1 task chair \$308.00
- B. Steelcase Amia task chair \$465.00
- C. Steelcase Gesture task chair \$738.00
- D. Steelcase Amia Air task chair \$402.00
- E. Steelcase Leap task chair \$667.00

*assumed all base finishes and features

A



A



B



C



D



E

ADDITIONAL SEATING

- A. HON Ignition 2.0 mid-back task chair \$310.00
- B. 9 to 5 Neo mesh mid-back task chair \$234.00
- C. 9 to 5 Luna high back task chair \$241.00
- D. AMQ ZILO mesh-back task chair \$260.00
- E. Sit On It Wit high back mesh task chair \$259.00

*assumed all base finishes and features

A

DESKING



A



B

WFH RISERS

- A. AMQ ACTIV DT Riser Electric with single monitor mount \$259.00
- B. WORKRITE Solace \$240.00
- C. Symmetry High Tide 4 \$191.00

*assumed all base finishes and features



C



A



B



C



D

WFH DESKS

A. AMQ ACTIV PRO height adjustable desk,

1. 48"x24" \$409.00

2. 60"x24" \$430.00

B. Symmetry Switchback

1. 48"x24" \$402.00

2. 60"x24" \$423.00

C. Steelcase Migration SE

1. 60"x24" \$561.00

2. 48"x24" \$580.00

D. Workrite Fundamentals LX

1. 48"x24" \$439.00

2. 60"x24" \$445.00



A



B

WFH DESKS

A. Fix Desk Steelcase

1. 48"x24" \$306.00

2. 60"x24" \$340.00

B. Turnstone Bivi Table for One 30"x60" \$846.00

C. Blutot Stash \$499.00

D. Blutot Swish \$799.00



C



D

A

ACCESSORIES

LIGHTING



A



B



C



D



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- A. Steelcase Dash Mini task light \$222.00
- B. West Elm Linear Wood LED task lamp \$138.00
- C. HAT Contract SENKO task light \$74.00
- D. Workrite Fundamentals 2 LED task light \$66.60
- E. Workrite Astra 3 single arm desk light \$110.00

POWER



- A. HAT Contract surface mounted power module \$84.00
- B. Workrite above desk power module \$81.00
- C. AMQ Power Box – Boost with wireless charge \$126.00
- D. Symmetry Eon clamp on single outlet power \$76.00

MONITOR ARMS

A



B



C



D



- A. Steelcase CF Series Intro single monitor arm
\$129.00
- B. Workrite Conform single articulating arm \$123.00
- C. Symmetry Mobio single monitor arm 105.00
- D. HON single monitor arm with 2 USB ports
\$135.00

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MONITOR ARMS

E. Steelcase CF Series Intro dual monitor arm
\$226.00

F. HON dual monitor arm with 2 USB ports \$203.00

G. Workrite Conform dual articulating monitor arm
\$233.00

H. Symmetry Mobio dual monitor arm \$208.00

I. Steelcase Forco monitor stand \$171.00

PEDESTALS

A



B



C



D



E



- A. Steelcase Slim mobile pedestal \$232.00
- B. AMQ Revi pedestal with locking dual drawer \$197.00
- C. Workrite Conform dual articulating monitor arm \$153.00
- D. Workrite mobile pedestal \$162.00
- E. Symmetry mobile pedestal \$122.00

KEYBOARD TRAYS

A



B



C



D



E



- A. Workrite Banana Board system w/ 22" track \$219.00
- B. Workrite standard tray system w/ 22" track \$148.00
- C. Workrite Fundamentals AKP01 tray system w/ 22" track \$109.00
- D. Workrite compact tray system w/ 17" track \$147.00
- E. Group Lacasse sliding keyboard tray \$80.00

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FOOTRESTS

- A. Steelcase Worktools adjustable footrest \$69.00
- B. Workrite Angle Footrester \$58.00
- C. Turnstone Campfire foot rest \$99.00

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2



LAPTOP SHELVES

A. Steelcase SOTO laptop shelf \$87.00

B. Symmetry laptop tray \$101.00

C. Group Lacasse support for tablets and phones
\$41.00

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2



3



PERSONAL TABLES

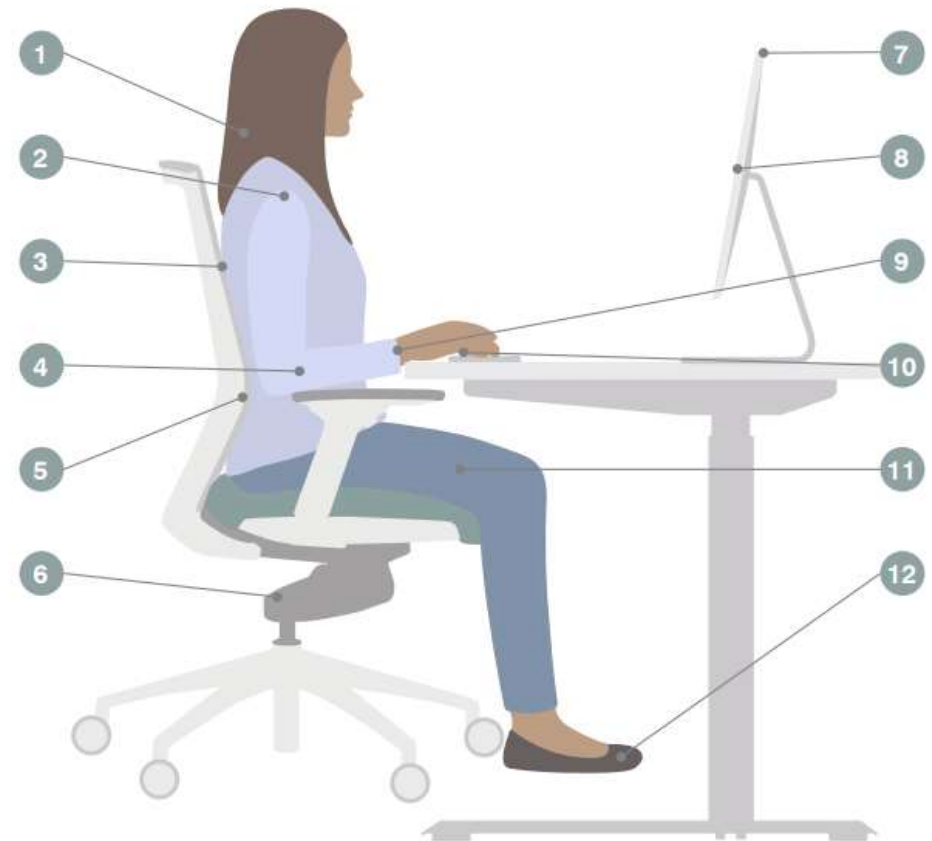
- A. Steelcase mobile collapsible laptop support \$59.00
- B. Coalesse Free Stand laptop support \$362.00
- C. Turnstone Campfire personal table \$221.00

KEYS TO WORKING FROM HOME

Ergonomics

To maximize comfort and wellbeing, keep these posture tips in mind:

1. Neck is straight and head is evenly balanced
2. Relax shoulders so arms hang naturally and close to your body
3. Back has full contact with the backrest (sit all the way back in your chair)
4. Rest elbows and forearms comfortably on the arms of the chair, without bearing weight
5. Use a pillow or roll a towel to provide lumbar support
6. Adjust the height of your chair to accommodate your worksurface height
7. Top of monitor is at eye level or slightly lower and directly in front, so head is not turned
8. Monitor should be at least an arm's length away
9. Forearms should be at a 90-110-degree angle to the floor
10. Wrists should be straight when typing, not bent up or down
11. Thighs are parallel to the floor
12. Feet are flat on the floor or on a footrest





other helpful WFH tips

Monitor Placement

If you don't have an external monitor, use a box or stack of books to elevate your laptop to eye level so you're not constantly looking down at your screen.

External Keyboard + Mouse

Pair an external keyboard and mouse with your laptop to help you maintain a healthy posture. You can order them on Amazon and have them shipped directly to your house.

Find a Comfortable Chair

Check out Steelcase Store or connect with your local Steelcase dealer to see if they have any chairs that you can purchase or borrow.

Change Postures

Not everyone has a standing-height desk at home. Use your kitchen counter for brief meetings. Or use an ironing board if you want something portable.

Give Your Eyes a Break

Your eyes can become tired while working and focusing on small screens. Give them a break by staring at something out the window or at a far distance.

Set Boundaries

Communicate clearly with those in your household about meeting schedules, time restrictions, signals, etc. Things will happen, such as a dog barking or spouse walking by during a video call, so be understanding and patient.

Take Breaks + Move

Get up and move around the house. Go outside for a few minutes or throw in a load of laundry. While on a call, walk around the block or your living area to change your posture and avoid getting stiff.

Stay Connected with Others

Use this time to turn on video conferencing and work virtually with a co-worker. It'll keep you connected in this time of what feels like isolation.

Drink Water

Stay hydrated.

Keep a Journal

Jot down your feelings and thoughts about this uncertain time. It's a great way to release stress and concerns.

