



**DESIGN**, Stephanie Giesbrecht, Stephanie Jean Design. **PAINT**, Rare Gray SW-6199, Sherwin-Williams.

PHOTOGRAPHY, TRACEY AYTON

# ROOMS THAT WORK

The home office is where style and function must meet if the room (and you!) will work well. These tips from top designers will help you get the job done!

## 01 BUILT TO WORK

“Custom millwork maximizes the space and functionality of this small room that we converted to an office,” says designer Stephanie Giesbrecht. All the necessities are within reach, and two bulletin boards allow for a rotation of inspiring pictures. Greyish green paint adds colour and warmth.



PHOTOGRAPHY, TRACEY AYTON

## 03 WORK MATES

"Initially, I designed this as a homework station strategically located between the kitchen and family room," says designer Cori Halpern, who included ample desk and storage space for two teenage boys. "I wanted it to look like finely crafted furniture." Floating shelves offer even more storage and display space. Construction started just prior to the pandemic, explains Cori. "We had no way of knowing that this would become an important, efficient work-from-home space for the next year!"

## 04 CLASSIC STUDY

"We revamped this stately home office with a cowhide rug, comfortable lounge chairs and a statement desk," says designer Kate Davidson, whose goal was that the room do double duty as a study. The fireplace is a focal point, further emphasized by the artwork above it and the artful accessories on the shelves. Says Kate, "We worked with timeless warm earth tones throughout."

**DESIGN**, Kate Davidson, Kate + Co Design. **DESK, DESK CHAIR, FILE CABINETS**, RH. **CHAIRS**, Sunpan. **RUG**, Surya.

**DESIGN**, custom **FURNITURE** and **CABINETRY**, Cori Halpern, Cori Halpern Interiors. **CARPET**, Y&CO.

PHOTOGRAPHY, VIRGINIA MACDONALD. STYLING, MARGOT AUSTIN

## 02

### HOME BASE

A workstation near the kitchen, living room and "overall action" was the goal for this homeowner, says designer Sarah Marie Lackey. Tucked into a tiny nook, the custom desk is a big multitasker, offering a spot for emails, to-do lists and updating the family calendar.

**DESIGN**, Sarah Marie Interiors.



PHOTOGRAPHY, MIKE CHAJECKI





**DESIGN,** Kate Davidson, Kate + Co Design. **DESK,** **CHAIR,** IKEA.



PHOTOGRAPHY, VIRGINIA MACDONALD

## 05 ROOM TO CREATE

Vintage finds, homemade art and travel keepsakes personalize a colouring and crafting corner in this little girl's bedroom. "When installing the artwork, shelf and mirror, we scaled it to her size," says designer Kate Davidson. "Now it's a perfect place to call her own."

## 06 TEEN SCENE

Statement wallpaper enlivens this corner of a teen's bedroom. "The focus was to reinvent the client's existing furniture," says designer Kate Davidson. The desk was repainted and given new pulls and a mirrored top; the chair sports vibrant new velvet upholstery. Paired with the wallpaper, they help compose the ultimate chic study space.



**DESIGN,** Kate Davidson, Kate + Co Design. **WALLPAPER,** JF Fabrics. **BULLETIN BOARD,** **SHELF,** Pottery Barn Kids.

PHOTOGRAPHY, STEPHANI BUCHMAN



# 07 FLEX TIME

"This room started as a flex space with a blank back wall," says designer Athena Stefanopoulos, who transformed it into her own office with tons of storage, work and display space. She even included coat closets, since the house had none.



The Gry Matr ErgoCentric Task **CHAIR**, \$600, Staples, staples.ca.

## Fit for Work

Don't compromise on comfort when it comes to working from home. Use these basic ergonomic principles from ergonomist Larissa Fedorowich to ensure your home office works for you.

### THE RULES

**Backrest Height** Ensure the lumbar support conforms to the deepest part of the curve of your lower back.

**Armrest Height** Position the armrests below the height of your elbows when in a seated position, with your arms relaxed. The armrests must not limit the lateral movement of your arms.

**Ideal Desk Height** For computer work, the keyboard and mouse surface should be at elbow height when seated. For the average person, this is usually between 26 and 28 inches from the floor (that's lower than a typical 29-inch desk, which is why most people need footrests).

**Height of Computer Screen** The top of the screen should be level with the height of your eyes when seated; if you wear progressive lenses, lower the screen so that you see it through the bottom of the lenses.



PHOTOGRAPHY, TRACEY AYTON

### Q&A

**What is the ideal posture when working for several hours?** Most important is to get up and move periodically and to vary your posture throughout the day; generally, aim for 90 degrees at the hips, elbows and knees, keeping the body well supported.

**How do you know when your body is tired?** If your posture sags forward, or you have pain, discomfort, tingling or numbness after a period of working, then you've already waited too long to stand up and change your posture. Periodically correct and vary your posture before you feel discomfort. Other indicators may be an increase in typing or work errors, and a decrease in productivity and concentration.

**What are the signs that your position is bad?** Pain, numbness, tingling, body aches, headache, eyestrain, hand cramps. You may notice tightness in the upper shoulders and neck, which is often a sign that the desk/keyboard surface is too high or the screen is not at the correct height. There should be no rubbing or contact between desk edge and wrists.

**What makes a chair ergonomic?** An ergonomic chair can be adjusted to fit and support your body, and it allows you to change your posture throughout the day. Typically, this includes a height-adjustable seat, a height-adjustable supportive lumbar support, adjustable armrests and an angle-adjustable backrest.