



Our response to latest ill-considered comments on working from home

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THE PRIME MINISTER

13 May 2022



“My experience of **working from home** is you spend an awful lot of time making another cup of coffee and then, you know, **getting up**, walking **very slowly** to the fridge, hacking off a small piece of **cheese**, then walking very slowly back to your laptop and then forgetting what it was you’re doing.”

I believe people are **more productive**, more energetic, more full of ideas, when they are surrounded by other people.”

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From interview in the Daily Mail

KATHARINE METTERS

Lead Consultant in Ergonomics at Posturite

“I am so glad that he is moving as it’s actually very good for you to get up regularly and change your posture during your working day.”

You not only reduce your risk of musculoskeletal disorders including back pain but its great also for your overall health!

If you look after yourself by avoiding sitting too long, your chances of being able to concentrate on your work are increased – a win for your employer too. I often have my best ideas when I’m up and away from my desk and I am not alone!”

“I don’t think many people have time to do anything ‘very slowly’. In fact in my experience most people are incredibly committed to their jobs and have **personal motivation** to do the job well. The dozy, demotivated picture painted here is worlds away from my experience and that of the Posturite team!”

“Hmm, cheese is better than a biscuit but maybe pick up an apple rather than a piece of cheese from time to time!”

“I agree that being around others for some tasks creates **more ideas and more energy**, but this ignores the large range of tasks that people do and some are best achieved in a quieter or more tranquil environment that home might provide.

This is where **hybrid working** provides such great opportunities for people to undertake tasks in the best place to get the best result. Thankfully many businesses I’m working with are embracing hybrid working – where we carry out collaborative tasks on days at the office and focused tasks on the days at home.

Let’s not also forget the benefits of less commuting both in creating a better balance for people and saving emissions!”

Read next:

[The new normal: Is hybrid working the future?](#)