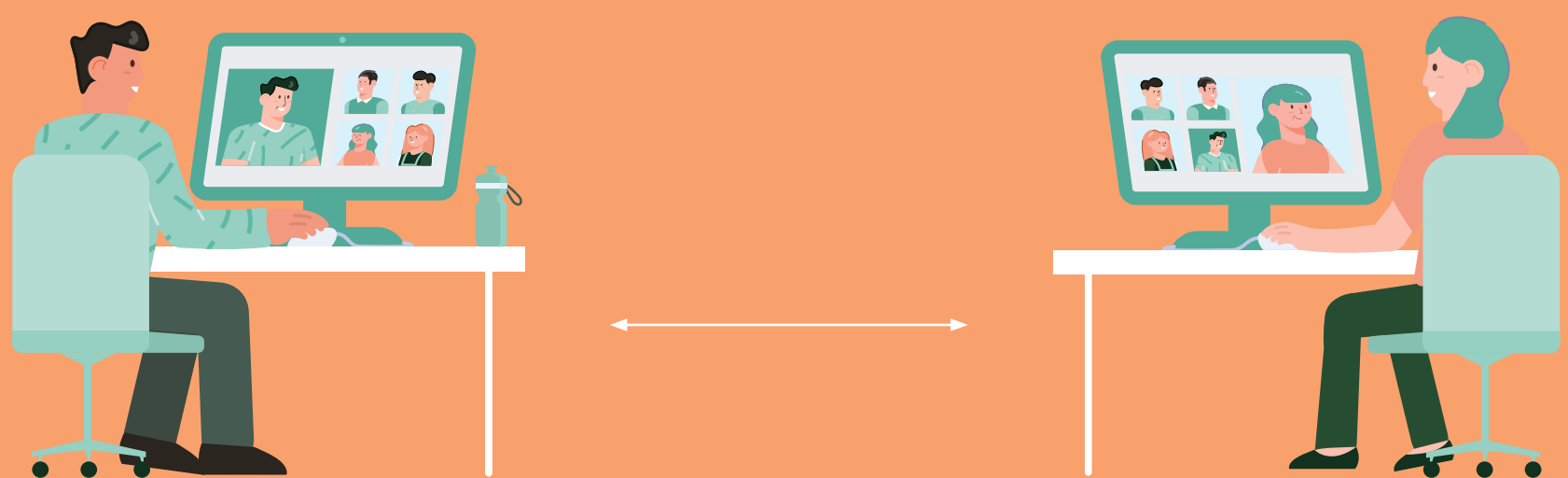


Re-adjusting to office life post-lockdown

What to expect, and how to do your bit



After months of homeworking to reduce the risk of COVID-19 transmission, returning to the office may be a shock to the system. You're likely to see changes to your office layout, your day-to-day schedule, how you're expected to move around your workplace, and your own daily habits.

What will your employer be doing to keep you safe?

Before you return to the office, your employer should have undertaken a risk assessment and put a COVID-secure strategy in place. This may include:

A one-way system
Previously infrequently/unused exits and entrances may be reinstated so you don't encounter colleagues face-on when moving around buildings.

Floor markings
Look out for new floor and wall signs showing your which direction to go, where to wait, or how far away to stand.

Foot operated door openers
Plus any other devices that help you open doors without touching the handle with your hands.

Hand sanitiser stations
You should be given easy access to hand washing/sanitiser, especially at 'high traffic' areas.

Air hand dryers may have been removed

Temperature checks
Some workplaces may instigate temperature checking and there may be booths where employees and visitors will have their temperature checked before they enter the building.

Staggered or flexible working policies
Working from home, or flexible hours may be encouraged to limit crowding and cut the risk of entrances and corridors getting busy at the same time every day.

Clear desk policies to allow for cleaning

Desk booking systems or work bubbles and rotas introduced

What can you do to stay safe?

Familiarise yourself with the new rules

Wash your hands regularly

Prepare lunch at home

Bring your own mug and crockery

Respect others' space

Work from home more

Make use of video conferencing, chat and phone systems

Cycle or walk to work

Be extra accommodating

Develop a workstation hygiene routine

If you can, go outside for your breaks

Take care of your mental wellbeing

What next?

Explore our entire collection of social distancing products here: www.posturite.co.uk/safety-and-wellbeing/social-distancing.html