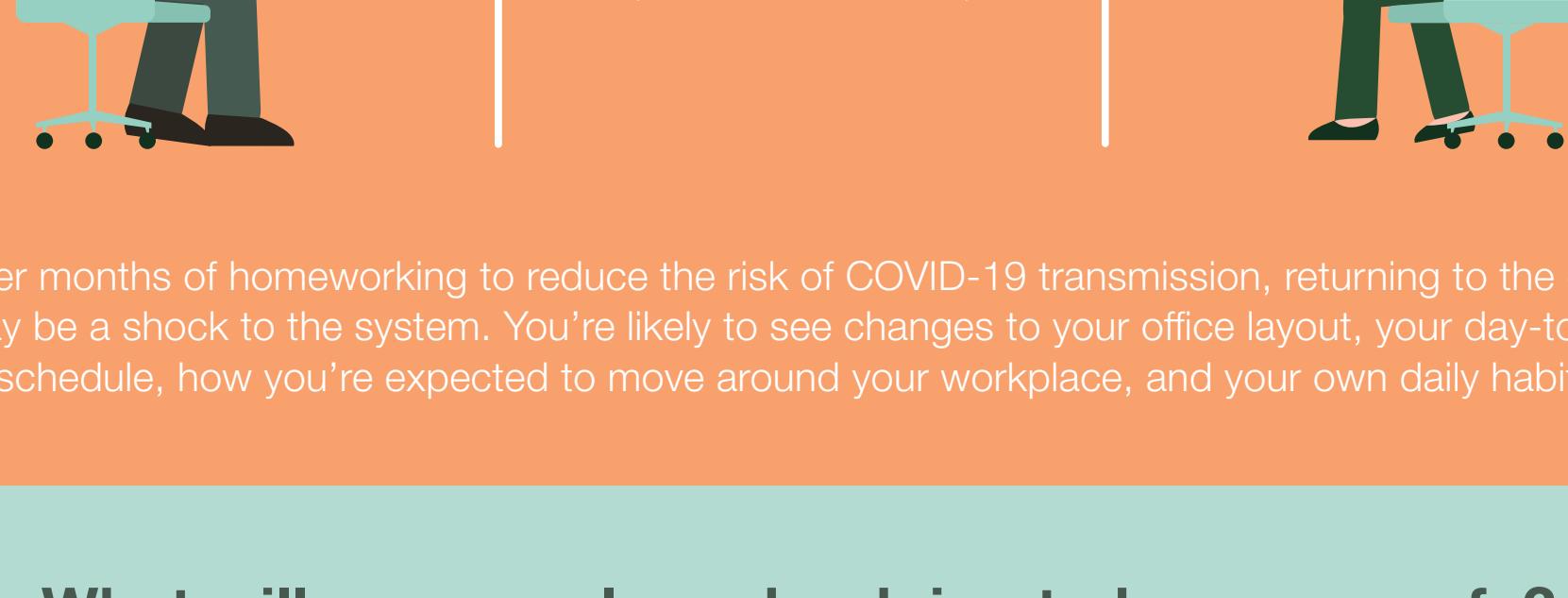




Re-adjusting to office life post-lockdown

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:



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

