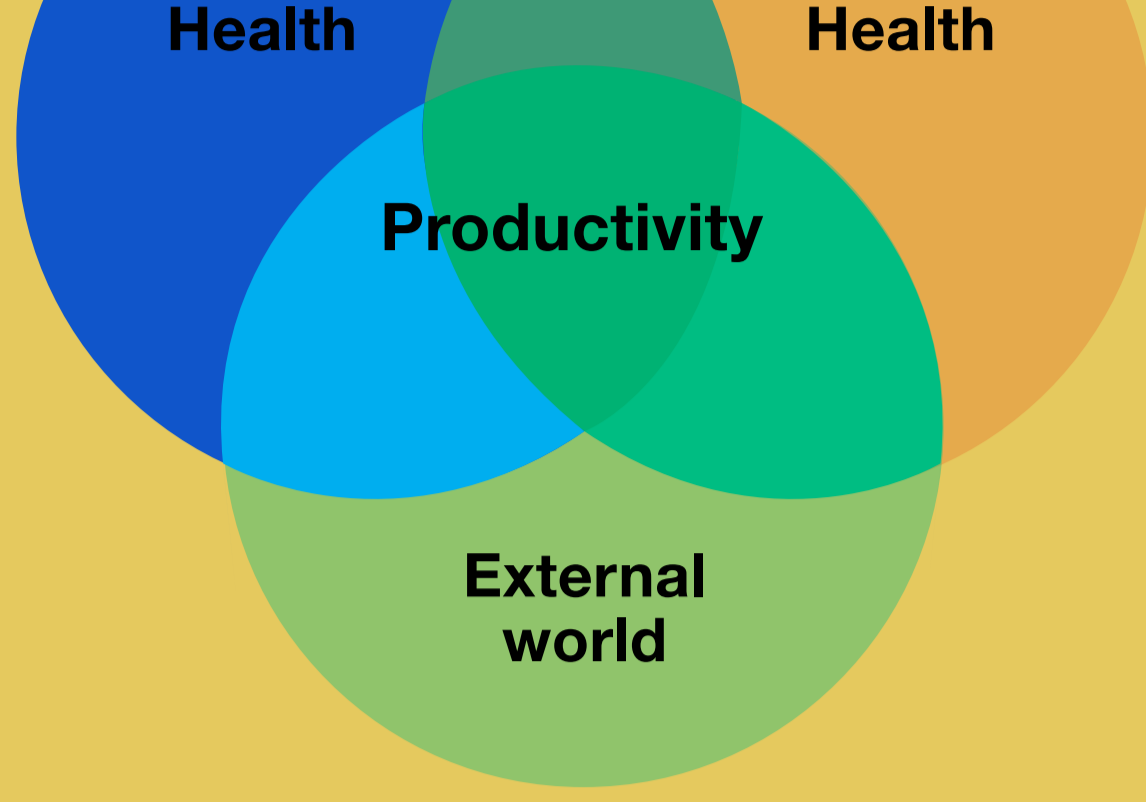


A simple health check-up for remote worker wellbeing



Working from home? This essential infographic helps you identify and fix unhealthy WFH habits and set up an ergonomic workstation for better remote work health.

We tend to feel our most productive when we're comfortable and content in a pleasant, distraction-free environment.



Physical health check-up

Are you experiencing any new aches and pains? Perhaps these could be related to your position and posture for working?

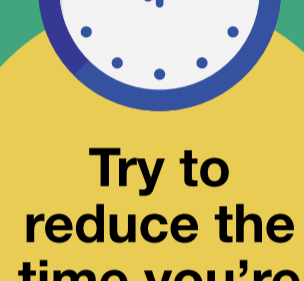
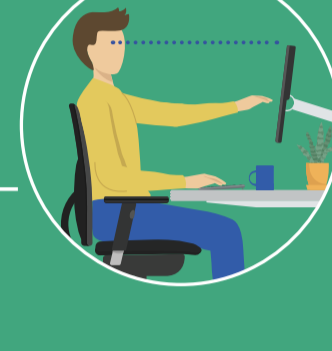
Make sure your:

Arms relaxed by your side

Balanced head, not leaning forward

Screen approximately arm's length from you

Top of screen about eye level



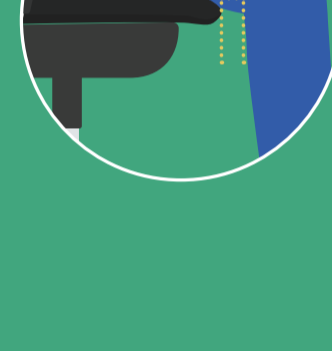
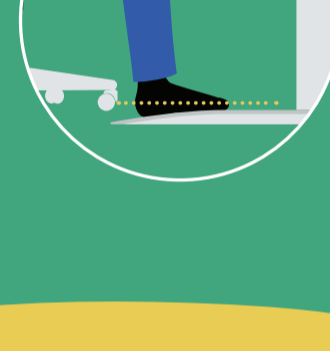
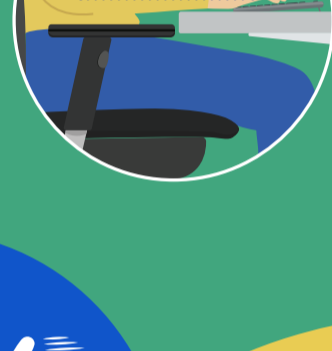
Try to reduce the time you're sitting

Sit back in chair ensuring good back support

Forearms parallel to desk

Feet flat on floor or on a foot rest

Space behind knee



"We recommend that people take short but frequent breaks to move – around every 30-60 minutes just for a few minutes – while they're working."

Dr Charlotte Edwardson, Professor in Physical Activity, Sedentary Behaviour and Health

Mental health check-up

How are you feeling at the moment? Remote working can be lonely.

Ask yourself:

Am I doing enough of what I **enjoy**?

Am I taking enough **breaks**?

Would it help to **discuss** any issues with my manager or HR department?

Am I making use of technology to **stay in touch** with colleagues and feel included?

What am I grateful for? Take time to focus on the **good**.

Do I need to establish a better work **routine**?

A better work routine for your wellbeing could include:

A morning walk

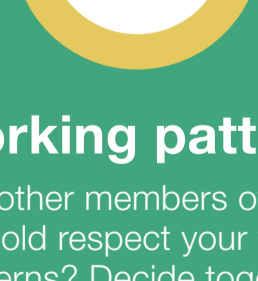
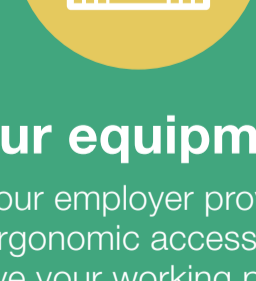
A lunchtime video chat



External environment check-up

It's amazing how much the world around us impacts how we feel internally. Working from home, especially if you share your space with others, can make this a challenge.

Check:



Your equipment

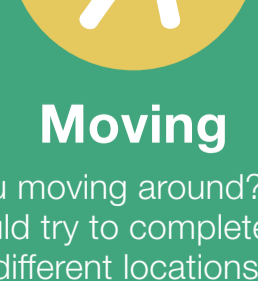
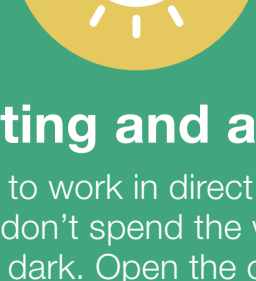
Workspace

Working pattern

Can your employer provide you with ergonomic accessories to improve your working position, such as a laptop stand, separate keyboard and mouse?

Have you set out a designated area of the home for work? It could be a room or just a corner. Once work is over, consider dismantling the workstation or covering it to create a feeling of separation between work and home.

Do other members of the household respect your working patterns? Decide together about rotas, childcare and other commitments so that it's fair.



Lighting and airflow

Cleanliness

Moving

Try not to work in direct light, but equally don't spend the whole day in the dark. Open the curtains, open the window, get plenty of fresh air.

How clean is your workspace? Declutter every evening so you have a clear place to start in the morning.

Are you moving around? Ideally, you should try to complete different tasks in different locations e.g. take a call in a soft seat, or walk around. Make sure prolonged inputting takes place at a suitable workstation.

Additional help

In a Posturite DSE Workstation Assessment, a trained workstation assessor will evaluate how you use your home or office workstation to **identify risks** and **recommend improvements**. Any back, neck, shoulder, wrist or arm pain, eye strain, or other issue affecting your comfort, can be discussed.