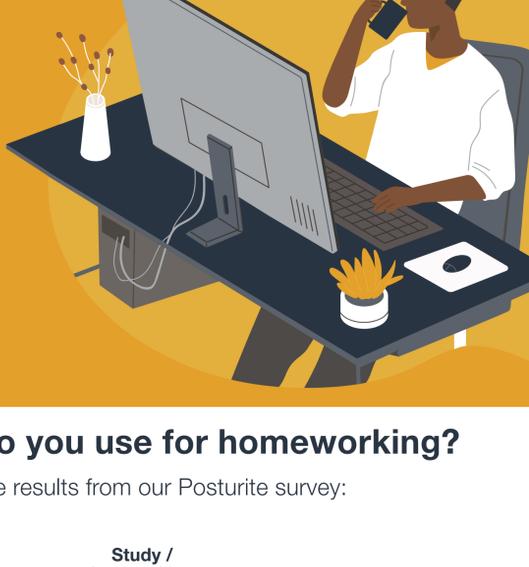


The room where it happens

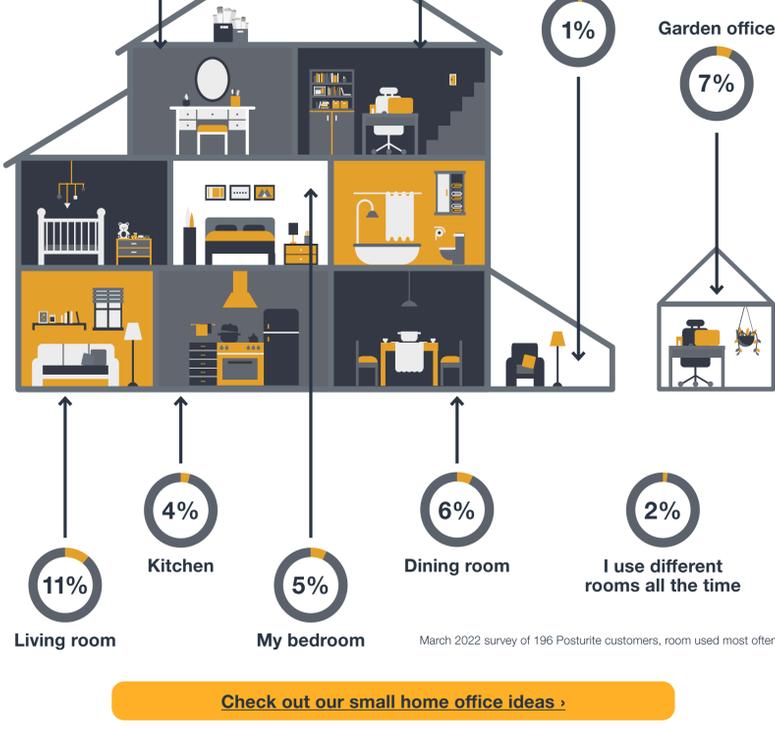
Are you lucky enough to have a space where you can be creative, focused and comfortable while working from home?

Our homeworking environments vary widely and we all strive to make the best of the space we have available. All kinds of exciting innovations are being dreamt up and delivered by the brainy and resourceful new generation of homeworkers in Britain!



Which room do you use for homeworking?

Here are the results from our Posturite survey:



March 2022 survey of 196 Posturite customers, room used most often

[Check out our small home office ideas](#)

In the UK



Source: Statista, 2018

Sadly, 227,000 people were experiencing homelessness in 2021. Source: Crisis



Source: Mortgage Finance Gazette, 2018

There's a 'race for space' on apparently. **17%** of working adults in the UK are now more likely to consider **living in a different part of the UK**, due to the rise of homeworking.

Source: 2022 survey by JFP Investment

The 'shoffice' has arrived. It's an office in a shed!

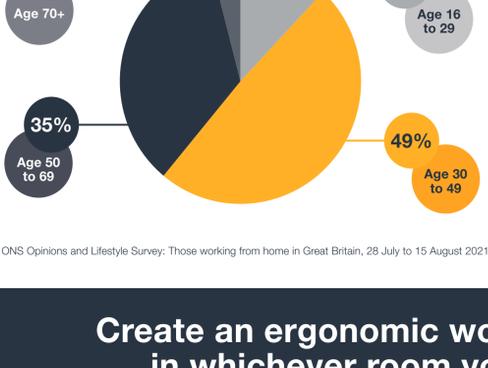
Sales of garden buildings went up

500%

between January and May 2021.

Source: The Guardian

Which age group works from home the most?



People aged 30 to 49 are the most likely to work from home

ONS Opinions and Lifestyle Survey: Those working from home in Great Britain, 28 July to 15 August 2021

Create an ergonomic workstation, in whichever room you use!



A sofa, dining chair or bed is **not** designed to support the human body comfortably for a full day of computer work.

Setting your home office space up in an ergonomic way is vital to limit the risk of aches, pains, and repetitive strain injuries. Don't compromise your health and comfort!



Screen approximately arm's length from you

Top of screen about eye level

Forearms parallel to desk

Sit back in an ergonomic chair ensuring good back support

See Posturite's ['Homeworker workstation set-up cheat sheet'](#) for a more comprehensive guide.

67%

believe that employers should pay all or some of the cost of setting up a home office.

Here are our tips on working in a spare bedroom

Homeworking tips for every room are at posturite.co.uk

Spare room office benefits

- Make better use of available space in your home
- Enjoy greater privacy
- Fewer distractions
- Comfortable, familiar surroundings

Spare room office challenges

- You'll have to move out when guests come
- Fitting in office equipment alongside a bed/futon
- May need to blur background for video calls
- Keeping a multi-purpose space tidy

Solutions

A small foldaway desk

Shop for a compact but comfortable desk that can be folded away in moments. Posturite's Work From Home Folding Desk is strong and robust despite its slimline look, and is made from sustainable natural plywood. Can be packed away under the bed after use!



A laptop stand

If you prefer the portability of a laptop to using a fixed monitor screen at home, it's hugely beneficial to use a laptop stand to **elevate your screen**. Pick an ergonomic mouse and separate ergonomic keyboard to complete the trio!

Most embarrassing things to be seen in the background of video calls

- Piles of washing up
- Underwear
- Naked person
- Misbehaving children
- Toilet

However, don't hesitate to make a talking point of the objects behind you in video meetings if appropriate. To introduce a family member or enthuse about a fascinating artwork and so on can be fun.

Ideas to cheer up your homeworking space

Reduce stress levels and boost your mood with some personal touches in your home office



How is your working from home wellbeing?



Check out our [Homeworking Wellbeing Guide](#)

72%

experienced **'better work life balance'** since working from home

However

20%

experienced reduced wellbeing

ONS Opinions and Lifestyle Survey: Those working from home in Great Britain, 28 July to 15 August 2021, among those whose usual place of work before the pandemic was not at home



You can watch our **'Reduce stress and thrive while working from home'** webinar on the Posturite YouTube Channel.



Check in with your friends or colleagues who are working from home, to offer support and a friendly word in case they are feeling isolated.

What next?

Visit the Posturite homeworking hub at posturite.co.uk/home-office

Explore the ergonomic equipment for homeworkers in the [posturite.co.uk online shop](https://posturite.co.uk): ergonomic chairs, laptop stands, compact keyboards, sit-stand desks, reading lamps, monitor arms, headsets and more. Our health experts hand-pick every product!