

How to work well from home

Websites like <https://www.hse.gov.uk/toolbox/workers/home.htm> and <https://www.bbc.co.uk/news/business-51868894> have some great advice for working well from home. Here are some top tips:

Get dressed. This can improve your state of mind and psychologically prepare you for work.

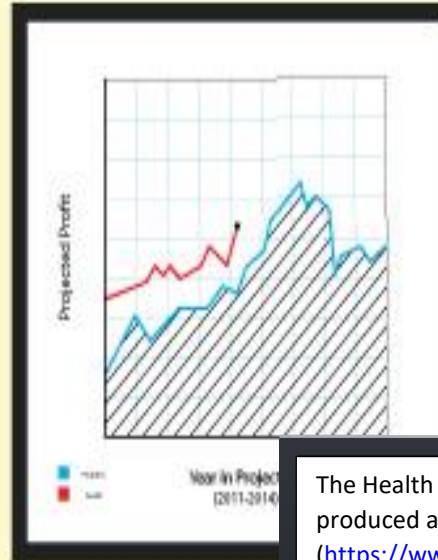
Get some fresh air during the day. Whether going for a walk or simply sitting in your garden. Ensure you adhere to the Government's social distancing guidelines though.

Have a clear and dedicated workspace.

Stay connected. Working from home can be isolating. Try to have at least one telephone or video call with colleagues per day, rather than just emailing.

Try to stick to your regular hours of work.

If you are working from a computer, avoid eye fatigue by changing your focus and getting up and away from your screen from time to time. Try to avoid awkward, static postures and change your position from time to time. Stretching exercises can help.



The Health and Safety Executive (HSE) has produced a practical workstation checklist (<https://www.hse.gov.uk/pubns/ck1.pdf>) for those working with display screen equipment, to ensure the risks involved with this type of working can be controlled. HSE has also produced a guide for employers (<https://www.hse.gov.uk/pubns/indg36.htm>) so they can ensure they are meeting their employees' needs.