

# Is your workspace set up for working from home?



## DID YOU KNOW?

**60%**

of the UK's adult population are **working from home** as a result of **COVID-19**



**Two thirds** of employees say they're more productive when working from home

**498,000**

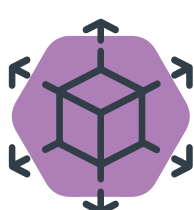
people suffered from work-related **musculoskeletal disorders** in 2018/2019



WITH WORKING FROM HOME ON THE RISE, IT IS IMPORTANT WE ASSESS THE SUITABILITY OF OUR WORKSPACES. BUT HOW DO WE DO THAT?

## WHAT YOU NEED TO CONSIDER

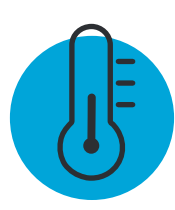
These are elements of your environment that you can assess.



SPACE



LIGHTING



TEMPERATURE



EASE OF ENTERING & EXITING



DSE ASSESSMENT

## TYPES OF DESK

The wrong desk set-up can cause long-term pain and result in musculoskeletal disorders.



## EQUIPMENT SAFETY

With no IT team nearby, you'll need to make sure your equipment is safe and secure.



- Know your company's processes for reporting faults
- Check safety of your plugs and sockets
- Secure loose wires and equipment
- Log out when away from workstation

For more health and safety resources  
[virtual-college.co.uk/resources](https://www.virtual-college.co.uk/resources)