

## PROTECT HOME WORKERS IN 3 STEPS

### Working with display screen equipment

- Break up long spells of DSE work with rest breaks (at least 5 minutes every hour) or changes in activity.
- Avoid awkward, static postures by regularly changing position.
- Get up and move or do some stretching exercises.
- Avoid eye fatigue by changing focus or blinking from time to time.

### Lone working without supervision

- Keep in regular touch with managers and colleagues via telephone or video communication such as Skype or Microsoft Teams.
- Identify an emergency point of contact and share this so people know how to get help if they need it.

### Stress and mental health

- Keep a regular routine.
- Stay connected with family friends and support systems using technology such as FaceTime and Skype.
- Get fresh air, go for a brisk walk outdoors if circumstances allow, maintaining the recommended 2 metre distance from others.
- Set boundaries on work schedule when working from home, be sure that you are working reasonable hours.
- Eat healthily.
- Sleep Well.

