

WHAT WORKS FOR US

Our team share all sorts of things that help them when they need to work from home.



“ I set up my workstation in the corner of the room where I could **look out onto the street**. This has kept me very focused and ensures I look up from the screen frequently. I have found my eyes a lot less tired on the days where I have had back to back virtual meetings.
Christine Critchley, Principal Health & Safety Consultant.



“ I had severe back pain when I started working from home. I couldn't sit down for long, so I used some large delivery boxes with a sheet of thick cardboard (from another online delivery) to create myself a standing workstation. To help me manage my symptoms, I **alternated between sitting and standing to work**; walking during phone calls or lying down with my head, neck and back supported when reading documents. The flexibility of home working really benefited me; taking regular, short breaks throughout the day, rather than one lunch break.
Helen Cheetham, Principal UX and Ergonomics Consultant.

“ Borrowing **a height adjustable laptop desk, laptop stand and keyboard** from the office was the best decision ever! It means I have been able to set up a very small but comfortable office space in my room.
Amanda Owen, Operations Manager and Marketing Coordinator.

“ I use a separate monitor with my laptop as I find it easier to work with a larger screen. I bought a webcam that I put on top of my monitor; it's a more cost effective option than buying a monitor with an in-built camera, it also means that **I can make eye contact during video calls without twisting** to use my laptop camera.
Laura Milnes, Head of Ergonomics.



“ I have bought **a fold down desk which turns my bedroom into an instant office!** The desk can fold away at the end of the day and I pack everything away for the night. This helps keep my work and home life separate; there's nothing worse in my opinion than lying in bed and looking at a desk!
Matthew Henderson, Senior Health and Safety Consultant.

“ I regularly walk to check on my rabbits in the garden, which gives me **a couple of minutes away from my screen**, an opportunity to stretch and the reassurance that they are doing even less exercise than me!
Frances Pike, UX Consultant.



“ I bought myself a new lamp for my dining table at home with a USB cable. It has a daylight bulb and is dimmable. I find that **being able to adjust the lighting keeps me focused**, particularly when it gets dark outside. Oh, and headphones! I don't even listen to music through them, they just seem to help block out London (and neighbour) noise and help me concentrate.
Julie North, Principal Health and Safety Consultant.