

TIPS FOR HOMEWORKING WEBINAR

Overview

Is working from home affecting your physical or mental wellbeing? Musculoskeletal Disorders* (MSD's) and poor mental health can result in a huge cost to business through lost working days and decreased productivity for those affected. Based on our widely used Posture Guidance information, this one hour webinar will focus on how physical and mental health problems can develop and be avoided, through to how we should have our equipment set up and some good habits we should adopt.



*Musculoskeletal Disorders - injuries and disorders that affect the human body's movement or musculoskeletal system.

Who should attend?

This is a one hour webinar which is designed for anyone who works with a computer at home. No previous knowledge or experience is required. The webinar will comprise of an overview of why and how musculoskeletal disorders develop, plus hints & tips for setting up a workstation and maintaining good mental health.

Aims

The aim of the webinar is to give delegates the confidence and knowledge to be able to work from home safely.

By the end of the webinar delegates will –

- 📦 Understand the potential risks of adopting poor postures
- 📦 Know how to set up their chair correctly
- 📦 Know what a good workstation set up looks like
- 📦 Gain an understanding of other 'Hints & Tips' to help manage wellbeing and mental health

Course Outline

- 📦 Introduction
- 📦 Safe homeworking
- 📦 Selecting and using your chair
- 📦 Organising your equipment
- 📦 Wellbeing & mental health
- 📦 Free Resources

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