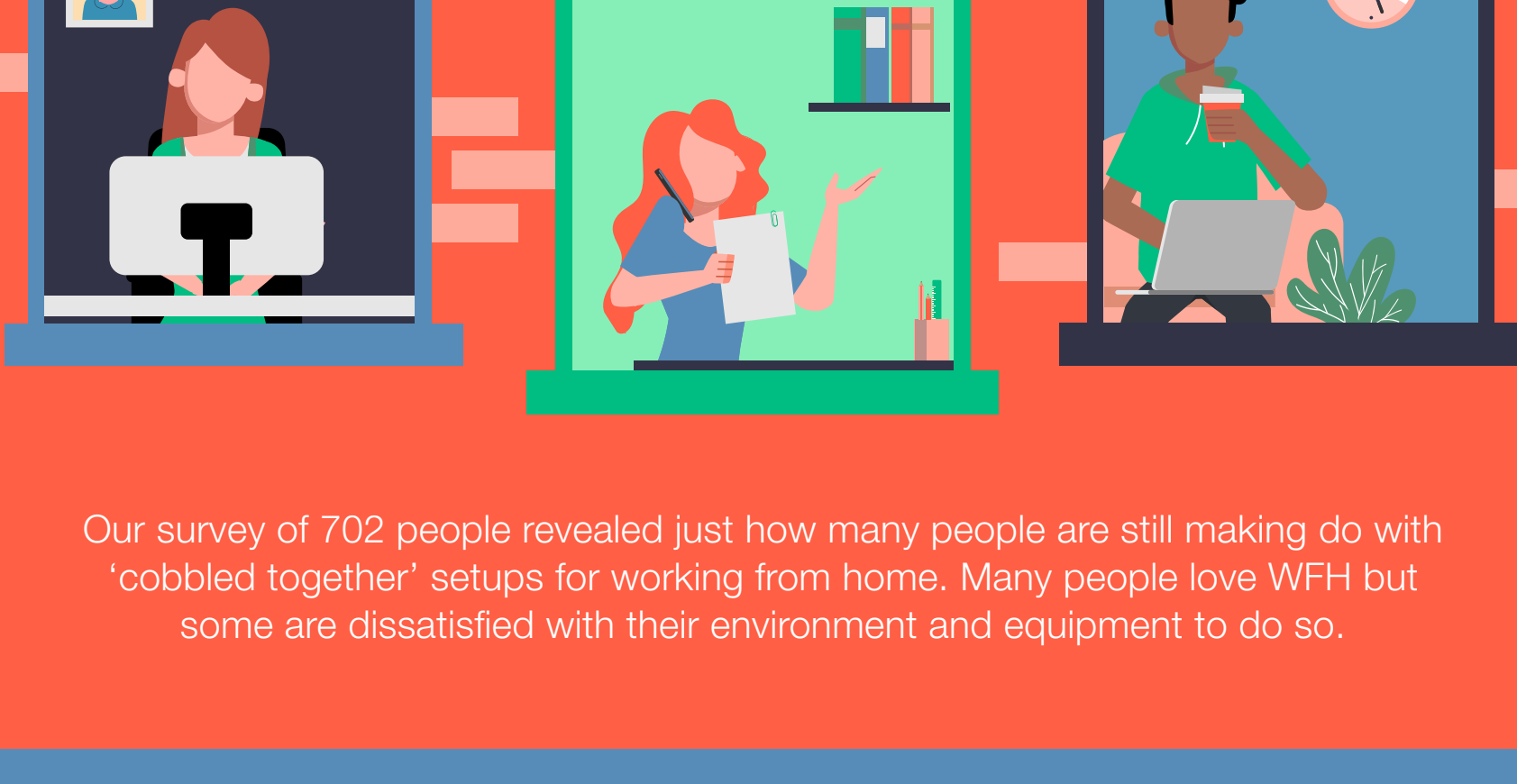


My homeworking space

The survey results!



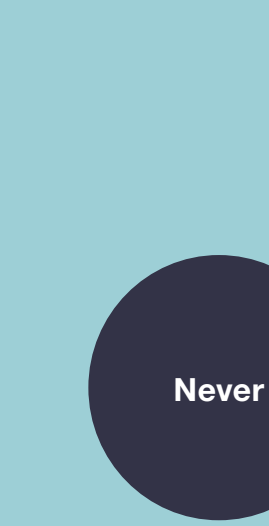
Our survey of 702 people revealed just how many people are still making do with 'cobbled together' setups for working from home. Many people love WFH but some are dissatisfied with their environment and equipment to do so.

Feelings

1

How do you feel about your homeworking space?

Only **15%** LOVE their homeworking space

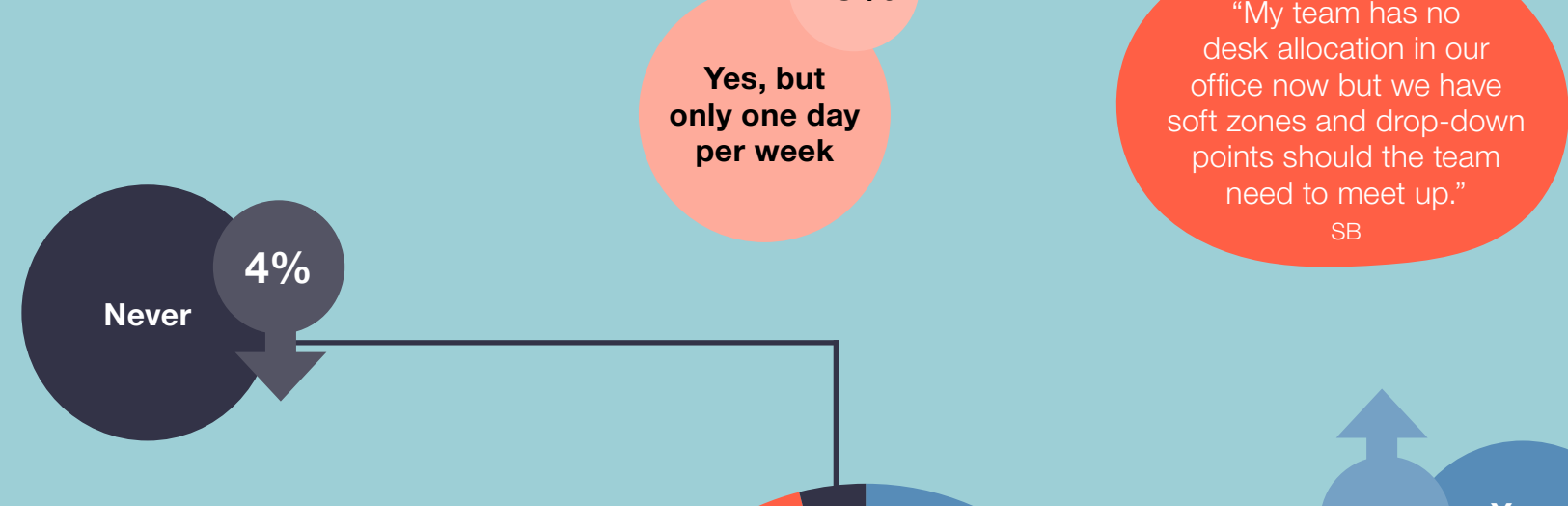


"I hate it, working from home when your home is the size of a shoebox is annoying. It's a constant shifting around and I just can't separate work from home."
CH

"I sit by a window and I can look out at my garden; it's very peaceful."
AM

2

Did you work from home in 2019?



"My team has no desk allocation in our office now but we have soft zones and drop-down points should the team need to meet up."
SB

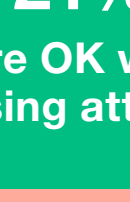


"I find I am much more productive in the office so usually work from the office 4 days per week."
NO

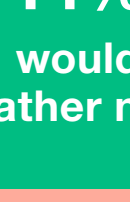
"Love working from home. I am dyspraxic and working from home suits me much better."
WA

41%

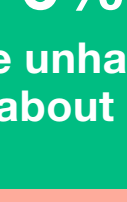
are being encouraged to increase their workplace attendance



21% are OK with increasing attendance



14% would rather not



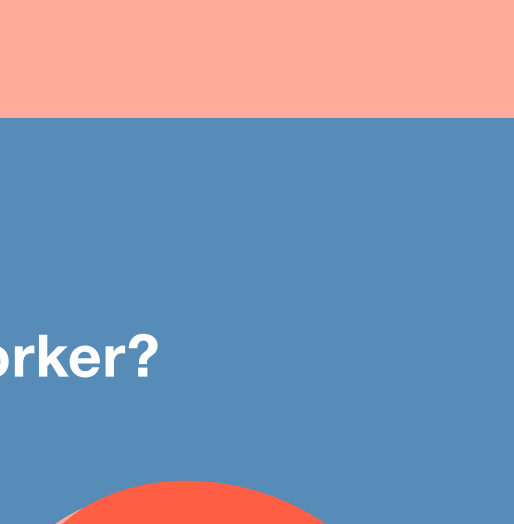
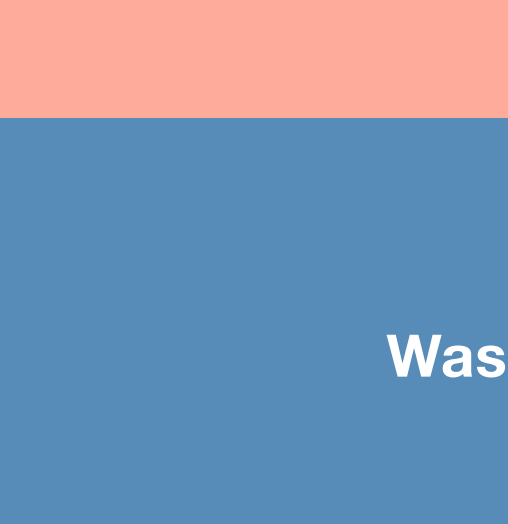
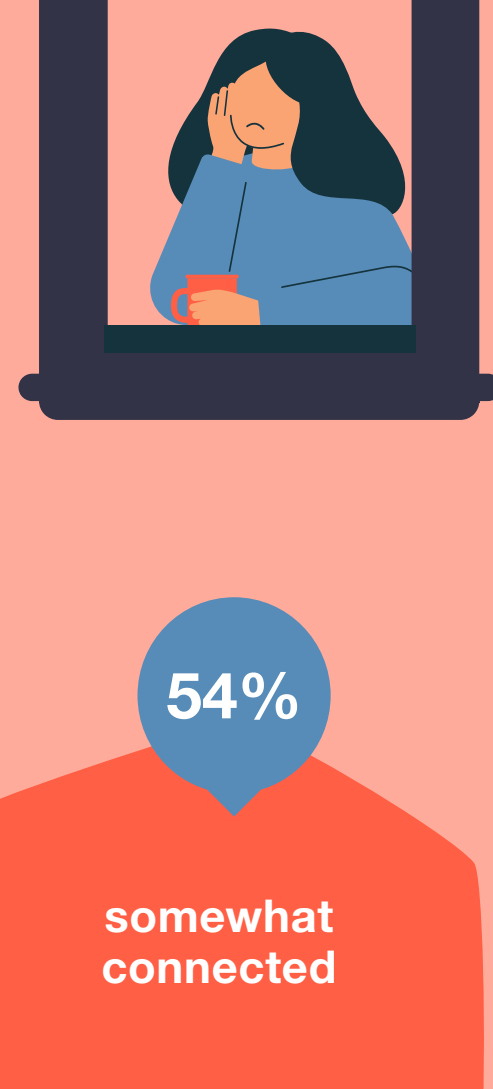
6% are unhappy about it

3

Do you find working from home at all lonely?

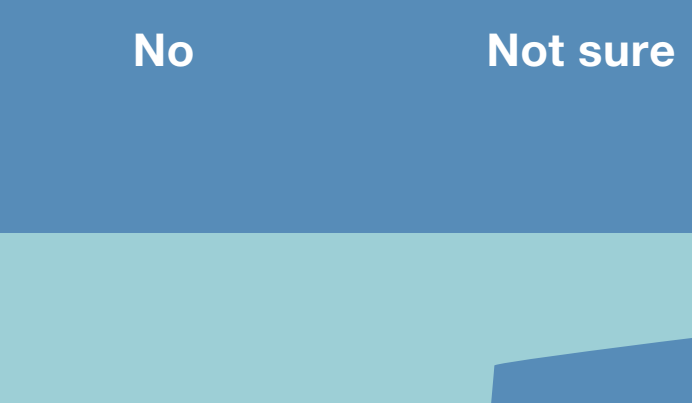


"Yes, I miss banter with colleagues."
JW



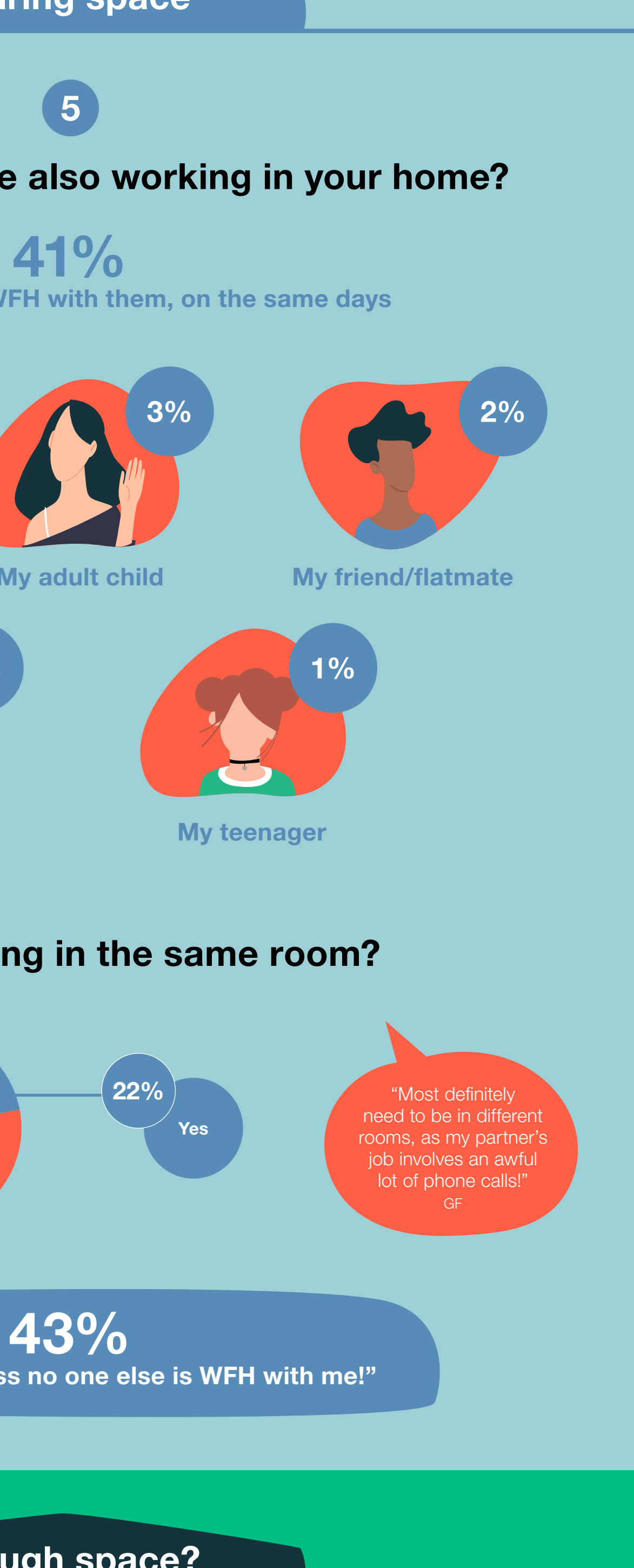
4

Was 2022 a good time to be a worker?



"No, due to money worries."
FR

"Yes, employers are trusting employees to work more flexibly."
TL

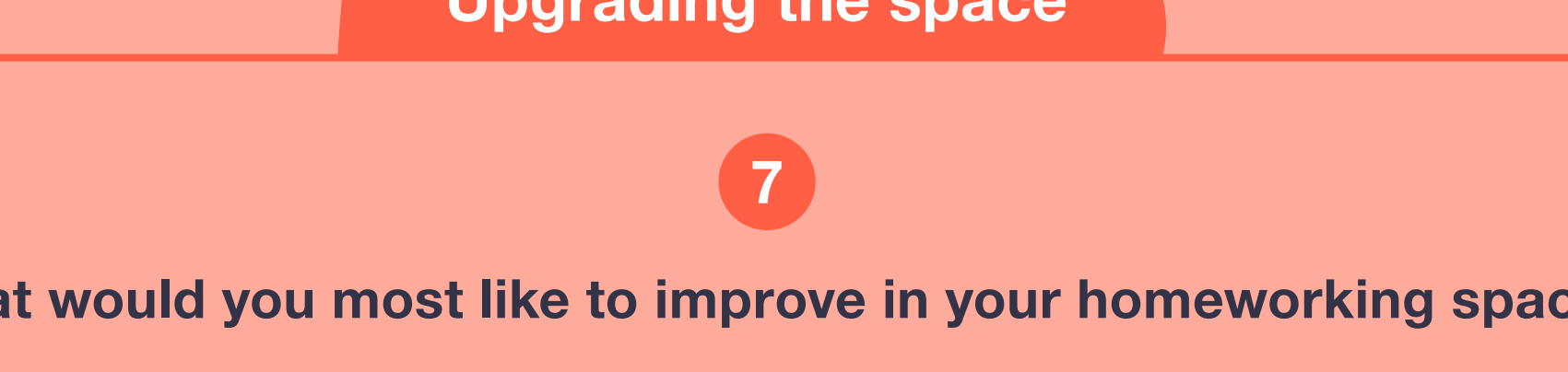


Sharing space

5

Is there someone else also working in your home?

41% have someone else WFH with them, on the same days



"It's fine, he supplies tea & biscuits."
CH

Are you working in the same room?



"Most definitely need to be in different rooms, as my partner's job involves an awful lot of phone calls!"
GF

43% say "Thank goodness no one else is WFH with me!"

Enough space?

6

Do you have enough space to work from home comfortably?



"I set up my workstation on a Monday morning at the dining table, where it stays until I take it down for the weekend."
SP

"I work from a vanity unit with two screens, the desk top space is cramped and I cannot get my chair in the gap underneath."
SH

Upgrading the space

7

What would you most like to improve in your homeworking space?

Your rankings:



"I've got an ergonomic chair, a penguin mouse and an ergonomic keyboard. But the desk is propped up by a paint can under one leg!"
EB

Health and productivity in my space

8

Do you believe your home workstation would comply with current DSE Regulations?



"I find working from home quite a painful and uncomfortable experience. I work from the dining room table and I have chronic back problems."
AG

"I have a fully adjustable chair, the ability to raise my laptop and screen to desk height and a height adjustable desk to ensure I am able to move frequently."
CM

"I'm currently sat on the sofa, very impractical and makes working from home difficult."
HC

TIPS

How could managers respond to these results?

- a) Help all homeworking and hybrid employees by providing information, support and appropriate equipment to create a **healthy and productive home workspace** suitable for all their tasks. One survey respondent said "If I started WFH full time, I would like a suitable office chair to prevent musculoskeletal disorders" but remember that a suitable chair is required for part-time homeworkers too if we are to be sure that everybody's risk of injury is reduced.
- b) Ensure all WFH employees have **suitable risk assessments** for the work they are doing at home. This should include musculoskeletal risks, mental health and wellbeing risks as well as practical issues such as electrical and data security.
- c) Support all employees – including homeworking employees – with their mental health and introduce activities which **reduce loneliness** and improve connectivity.
- d) Encourage homeworking employees to regularly schedule in time to work in the workplace which usually provides flexible and **spacious surroundings as well as opportunities to connect with colleagues**.
- e) Keep conversations **open and positive** to support those who are reluctant to attend the office more regularly. Try to acknowledge and understand their situation and be flexible.
- f) Maintain the office environment as **welcoming and easy to use**, with easy access to support.
- g) Keep **workplace wellbeing and happiness** high on the agenda, not forgetting that employees may have increased career move options now.
- h) Consider how all employees can be **included in meetings and projects** as well as provided with the same **training opportunities**.

Our survey respondents

702 Posturite customers and followers, November 2022

27% Age 18 – 40 57% Age 41 – 60 16% Age 61+

Employers included: Aston Martin, Astra Zeneca, HMRC, Marks & Spencer and Virgin

Visit the Posturite homeworking hub at posturite.co.uk/home-office