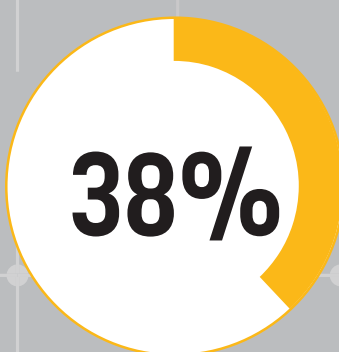


A New Way of Working

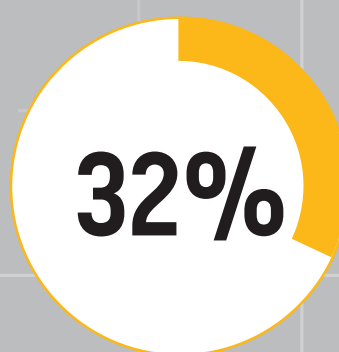
New research from Fellowes reveals....



Enforced home working is having a detrimental impact on the nation's mental and physical health



38% of workers feel stressed / anxious

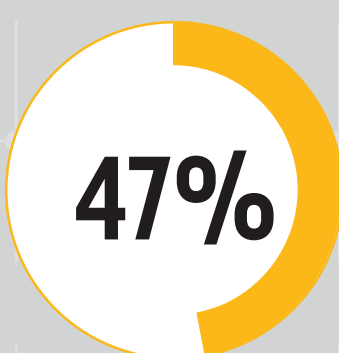


32% feel lonely / isolated

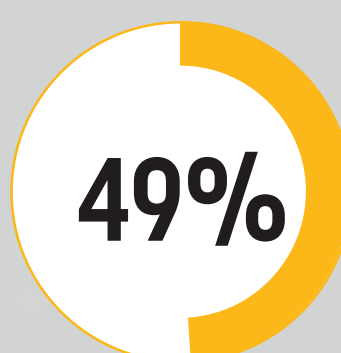
1 in 4 suffer strained eyes, 27% have a stiff neck, 26% a sore or aching back and 25% headaches



Inadequate home workstations and work pressures are putting people's health at risk



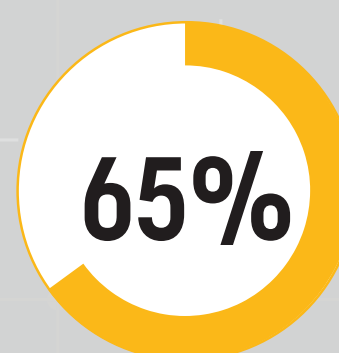
work longer hours when working from home than in the office



Only 49% have a proper home workstation



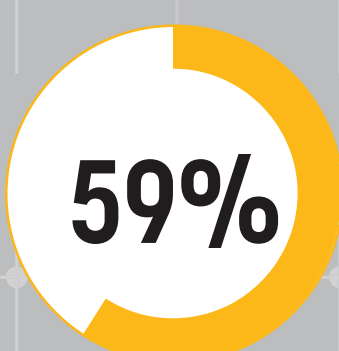
admit to working from their sofa, 5% from their bed and 3% on the floor



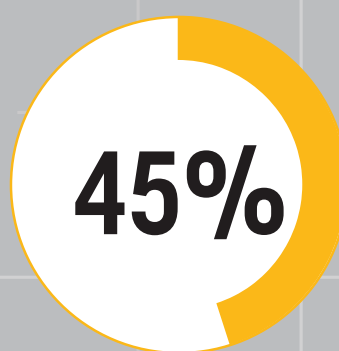
of people had to pay for their own home office equipment – spending on average, £1,300!



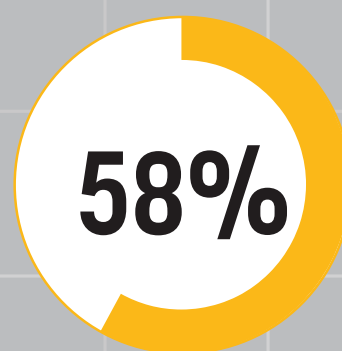
Current legislation around home working is outdated and lacks clarity



59% believe home working should be regulated / legislated by government



45% of workers have never completed a workstation risk assessment since working from home



58% of workers don't know or fully understand their rights

DID YOU KNOW...?



89% of respondents would like to work from home long term

Yet 42%



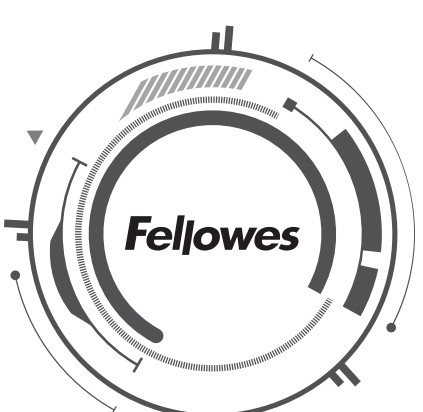
of them would only like to work from home a couple of days a week.

Fellowes is calling on employers and the public to take action and embrace new ways of working to future-proof the health of the nation



“Successful home working requires consideration and adaptation of your work processes and routines as well as your physical setup. Start a conversation with your line manager for support”

Ergonomist and Physiotherapy Expert, **Emma Crumpton**



Fellowes has a range of ergonomic products and services, from back supports to laptop risers – for healthy, happy and productive working at home and in the office:
www.fellowes.com/futureworking