

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

47%

work longer hours when working from home than in the office



49%

Only **49%** have a proper home workstation



10%

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



65%

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Current legislation around home working is outdated and lacks clarity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