



Office
to
Home



As more and more employees are working from the home, working safely at home is as critical as working safely at work. Avoid risk and injuries on and off the job by taking control of activities that increases the potential for accidents. Thinking, developing, and practicing safe work habits on and off the job is essential for taking control. The highest risks at home are slips, falls, trips, overexertion, and ergonomic.

Consider the 4Cs to prevent injuries.

Cluttered work space. Remove anything in the workspace that might cause slip or fall.

Changes in surfaces condition risk trips. Working in a basement office increases the number of times going up and down stairs which increases the risk to falling. Use hand rails and maintain balance. Working at the kitchen table or makeshift desk in the den could mean walking from carpeted conditions to vinyl floors. Wearing flip flops or socks increase the risk of slips, and falls.

Capacity limits risk overexertion. Moving or picking up material in the new workspace can lead to physical activity that exceeds physical capacity. Test the weight before lifting or moving material to prevent strains.

Context of new working environment risks ergonomic injury. Arrange workspace that fits you.

ATTENTION = PREVENTION