

WORK FROM HOME

It makes good sense to keep in touch with your Work From Home (WFH) employees on a regular basis. Set up opportunities to connect with one another.

Supporting employees in a WFH environment is important for maximizing effectiveness and success.

We recommend providing:

IT support both for initial set up and ongoing assistance

Guidelines on employer expectations while working from home

Encourage employees to have a clear and comfortable space to work

WFH equipment set up requests that are reasonable and necessary such as computers, headsets, keyboards, etc.

This link is a recording from Scott Rhymes, VP Risk Control Services – Occupational Health & Safety at ABD.

<https://vimeo.com/417398161/6d5fe7db09>



Keyboard and screen hacks

Ironing board



Cookie sheet and pillow



Television hacks



Stretching and breaks



Eyes: 20 – 20 – 20 rule



Standing: Every 15 minutes



Stretches: Wrist & Shoulders



ABD's COVID-19 Portal

ABD is actively monitoring and assessing the realities of COVID-19 to ensure our clients, colleagues, and communities we serve are informed on how best to stay safe and resilient during this time of uncertainty.

Check in regularly for Leadership Guidance, Business Operation Updates, and Employee Resources.

We also send links to our posts each week in a weekly round up through ABD's President's newsletter: In This Together: Leading With You in Mind.

