

Managing home workers' health and safety – December 2021 bulletin

The past couple of years have seen a huge increase in the number of employees who now work from home on a regular basis. With that in mind we've gathered some useful information and links from the HSE's home working website.

As an employer, you have the same health and safety responsibilities for people working at home as for any other worker.

This guidance applies to those who work at home long term or who routinely split their time between their workplace and home. Things you should consider as part of your [risk assessment](#) for home workers include:

- [Stress and poor mental health](#)
- [Working with display screen equipment](#)
- [Their working environment](#)



Stress and mental health

Home workers will face many of the same issues as any other worker, but it can be more difficult to provide adequate support and maintain social links.

People who are deprived of social contact through work can feel isolated or disconnected, bringing on pressure and stress or aggravating pre-existing mental health problems.

Some practical things you can do to help manage the risk of stress and mental health problems for home workers include:

- Involve them in completing stress risk assessments
- Have regular keep-in-touch meetings or calls so they can share concerns
- Make home workers aware of any occupational support available to them

You can read more about stress and mental health [here](#).

DSE assessments

You must protect your workers from health and safety risks from working on a computer or laptop (display screen equipment or DSE) at home. You should ensure:

- Home workers can achieve a comfortable, sustainable posture while working with DSE
- Any equipment provided is safe and suitable for use

You can read more about DSE assessments [here](#).

You can visit the HSE's home working website [here](#).