



# Fit to Sit: Working from Home

"Fit to Sit" looks at the physical and mental risks of working from home, from ergonomic workstation setups, movement throughout our day (even at our desks) and the potential for a negative impact on our mental health.

## DSE & Ergonomics

Looking at our working from home environments

## Health Risks

Understand the musculoskeletal risks to our bodies and overall health.

## Making time for Movement

Looking at the importance of movement throughout our working day, for physical and mental wellbeing.

## Mental Wellness

Protecting our mental health at home.