



Home Working

With many of our Council colleagues currently working from home and for a lot of us this may be more comfortable than the office but it can also present a risk of harm to our health, safety and wellbeing. You will soon be asked to complete a self assessment for using display screen equipment and home working. This will help keep you working safely.

Also, please ensure you are taking regular breaks from your screen and keep well hydrated. Why not try a walk, run or cycle during your lunch break. Remember, if alone at home, keep in regular contact with family, friends or colleagues for a chat and to let them know how you're doing. Remember, it's ok not to be ok and it's good to talk.

Home Safety

With the lockdown instruction having been extended for a further 3 weeks and most of us having to remain indoors, it could be a good time to reassess our home safety arrangements. We will no doubt be using electrical appliances more than normal. Please check the condition of the appliances and cabling/plugs and look for any openings in the cabling or markings on plugs/sockets that would indicate overheating or incorrect fuse rating. Please also try to avoid overuse/loading of extension blocks/reels.



Regular testing of smoke alarms and the closing of doors before bed time are key to avoiding harm from the effects of fire or smoke inhalation. It's also good to have a door key positioned near to where you sleep in the event of having to leave the house quickly in an emergency.



Warm Weather Advice

Thankfully for all of us, the weather has been pleasant during lockdown, allowing us to exercise or enjoy the garden. Remember to stay safe in the garden, especially around barbeques or open fire pits by keeping a clear distance and ensuring the kids are well supervised. Also remember food safety precautions with the BBQ by following the products cooking instructions.

On Behalf of the Safety and Wellbeing Team – Stay Safe

Safety & Wellbeing Team Duty Officer

Email: healthandsafety@northlan.gov.uk

Find out about our [wellbeing initiatives and book a health check](#).

Find out about the [safety training courses](#) that are available for employees.