



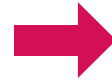
# STRESS



## WORKING FROM HOME ERGONOMIC TIPS

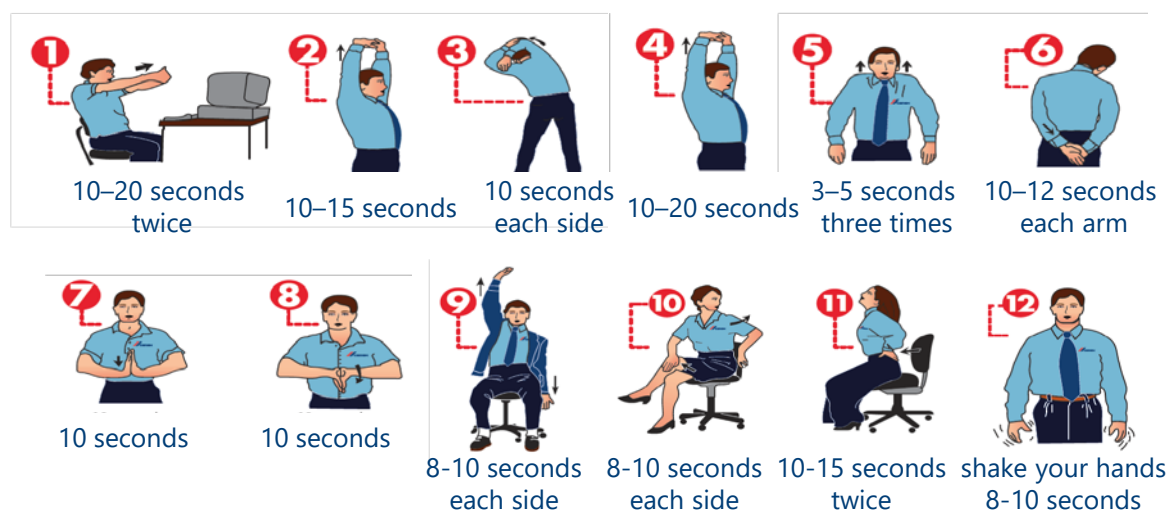
Like any other task, remote work carries several risks to be taken into account, and needs to be identified, assessed and prevented.

Do your *Working Remotely* training now!



Click & go to the training

## TAKE BREAKS



When you take breaks, do some stretching and visual relaxation exercises (blinking, looking at distant objects, etc.).

You should switch tasks that involve screens with other types of tasks (e.g. read documents, answer phone calls, etc.) to avoid visual and postural fatigue. Take walks during phone calls that do not require the computer. Remember, short and frequent breaks are more effective than long and sparse ones.

## PSYCHOSOCIAL

Aspects of the design, organization and management of work that can cause mental, social or physical damage to health.

### PSYCHOSOCIAL PROBLEMS RELATED TO STRESS

Demotivation, boredom, feeling anxious.

Muscle pain and tension.

Increased number of errors due to monotony, interruptions or excessive time pressure.

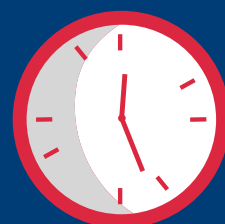
TO PREVENT THESE EFFECTS - TAKE ALL RECOMMENDATIONS:



Organize the work



Eat healthy



Manage the time and the pace of work



Take breaks and rest well



Workout outdoors