# May 29: Ergonomics of Working from Home – 1 Year Later – Lessons Learned



**Recorded Date:** May 29, 2021

**Time:** 11:00 am – 12:30am PDT

**Speaker:** Rachel Mitchell

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**About the Webinar**

The new Work from Home (WFH) model has now been a reality for over 40% of Canadians for over a year. However, the impact of this change on how we work continues to have ongoing effects on our well-being. Several Research Institutes are now releasing reports outlining the effects of this new reality on employees' mental and physical health and wellbeing. In this presentation we will:

- Review working from home statistics and findings
- Discuss how the work from home situation has led to deterioration in mental and physical health for many individuals
- Review the potential causes of mental and physical health issues
- Review lessons learned
- Present practical tips to better protect the health of ourselves and our employees

Putting safeguards into place is of particular importance when we consider that nearly one-quarter of Canadian businesses expect that 10 per cent or more of their workforce will continue to telework or work remotely post-pandemic.