

Remote Work Health and Safety Checklist Questionnaire

Ensure a safe and productive home office environment with our **remote work health and safety checklist questionnaire**. It helps identify potential hazards and promotes best practices for ergonomics, mental well-being, and workspace setup. Stay compliant and protect your remote workforce effectively.

1. Workspace Setup

a) Is your primary workspace free from tripping hazards such as loose cables or clutter?

- ☐ Yes
☐ No

b) Do you have adequate lighting to avoid eye strain?

- ☐ Yes
☐ No

c) Is your workspace well ventilated?

- ☐ Yes
☐ No

d) Are fire exits and escape routes easily accessible?

- ☐ Yes
☐ No

2. Ergonomics

a) Is your chair adjustable and supportive?

- ☐ Yes
☐ No

b) Is your monitor at eye level to prevent neck strain?

- ☐ Yes
☐ No

c) Are your wrists and forearms supported while typing?

- ☐ Yes
☐ No

d) Do you take regular breaks to stretch or move around?

- ☐ Yes
☐ No

3. Health & Well-being

a) Are you able to set clear boundaries between your work and personal life at home?

- ☐ Yes
☐ No

b) Do you have regular access to fresh drinking water and healthy snacks?

- ☐ Yes
☐ No

c) Do you feel comfortable reporting health and safety concerns to your employer?

- ☐ Yes
- ☐ No

d) Are you aware of mental health resources provided by your employer?

- ☐ Yes
- ☐ No

4. Technology & Security

a) Is your internet connection reliable for work tasks?

- ☐ Yes
- ☐ No

b) Do you use company-approved software and security protocols?

- ☐ Yes
- ☐ No

c) Is your work data secured and regularly backed up?

- ☐ Yes
- ☐ No

Additional Comments

Share any concerns, suggestions, or additional needs here.

Submit Checklist