Wellbeing when working from home

Health, safety and wellbeing

Employers are responsible for their employees' health, safety and wellbeing – both when they are in the workplace and when they work remotely (including working from home).

Employees also have responsibilities.

Employer responsibilities

The Health and Safety Executive (HSE) has advice for employers.

Find advice for employers from the Health and Safety Executive

Employee responsibilities

Employees have a responsibility to take reasonable care of their own health and safety at work.

Anyone who works from home should keep in regular contact with their manager. They should also tell their manager about:

- any physical or mental health and safety risks
- any working arrangements that need to change – for example, because of caring responsibilities

Employees and managers should communicate regularly and work together to find solutions.