



*Guidance for employers and
employees on health and safety*

INTRODUCTION

This leaflet gives guidance to employers and homeworkers on the health and safety issues involved in homeworking. Homeworkers are those people employed to work at home for an employer.

WHAT THE LAW REQUIRES

The Health and Safety at Work etc Act 1974 (HSWA) places duties on employers, self-employed people and employees. Under HSWA, employers have a duty to protect the health, safety and welfare of their employees, including homeworkers.

Most of the Regulations made under the HSWA apply to homeworkers as well as to employees working at an employer's workplace. These include, for example, the Management of Health and Safety at Work Regulations 1999 (MHSWR), the Display Screen Equipment Regulations 1992, the Manual Handling Operations Regulations 1992, the Provision and Use of Work Equipment Regulations 1998 (PUWER) and the Control of Substances Hazardous to Health Regulations 2002 (COSHH).

Under the Management of Health and Safety at Work Regulations 1999, employers are required to do a risk assessment of the work activities carried

out by homeworkers. Completing a risk assessment involves identifying the hazards relating to the homeworkers' work activities and deciding whether enough steps have been taken to prevent harm to them or to anyone else who may be affected by their work. A **risk** is the chance, great or small, that someone will be harmed by a hazard. A **hazard** is anything that may cause harm.

HOW TO DO A RISK ASSESSMENT

There are five steps that employers need to take to make sure that a proper risk assessment is done:

- 1 Identify any hazards
- 2 Decide who might be harmed and how
- 3 Assess the risks and take appropriate action to remove them or reduce them as far as possible
- 4 Record the findings
- 5 Check the risks from time to time and take further steps if needed

Step 1

Identify any hazards

It is the employers' duty to look at what may cause harm to their homeworkers, or other people, as a result of the work being done in the home. It may be necessary for employers to visit their homeworkers to

carry out a risk assessment, although homeworkers can also help in identifying the hazards for their employers. Small hazards should not be ignored as they may result in harm, for example keeping potentially harmful substances out of children's reach.

Step 2

Decide who might be harmed and how

Employers must look at **who** may be affected by the work done at home and **how** they may be affected; this may include the homeworker, and members of the household, including children or visitors.

Step 3

Assess the risks and take appropriate action

If employers come across a hazard that may be a risk to the homeworker or anyone's health or safety in the home, they need to decide what steps have to be taken to eliminate, or reduce those risks as far as possible. What needs to be done depends on whether the hazard is low risk or high risk. Employers can determine this by looking at what type of harm or injury may arise and how often it may happen. For example, there is greater risk of an accident from loose trailing wires if there are children in the home.

Employers may be able to remove the

hazard altogether or take steps to lower the risk to an acceptable level. For example, in the case of loose wires from work equipment, they could be tucked away under a desk or table, or secured neatly round the furniture out of the way.

If there is no risk present, then no action needs to be taken by the employer. To check if the risks are acceptable employers can get more information about legal standards from *Essentials of health and safety at work* (see page 11 for details).

Step 4

Record the findings

Employers who have five or more employees, including homeworkers, are required by law to record the significant findings from a risk assessment. They need to note down what steps have to be taken and tell the homeworkers, or anyone else affected by the work being done, about the findings.

Step 5

Check the risks from time to time and take steps if needed

It is important for employers to check the risk assessment from time to time, especially if there is a change in working procedures. The assessment needs to take into account any new hazards that may cause harm to the health or safety of homeworkers, or other people affected by the change in working conditions.

Some common hazards

Handling loads

Handling loads can cause serious injury, particularly to the back. The checklist below highlights some activities that may increase the risk:

- Handling loads that are heavy, bulky, difficult to grasp, or unstable
- Awkward lifting, reaching or handling
- Pushing or pulling
- Repetitive handling that does not allow enough rest time between loads
- Twisting and stooping

If possible, employers should avoid the need for hazardous manual handling. However, if homeworkers must handle goods as part of their work, employers are responsible for assessing and reducing the risks, for example by providing training and/or lifting aids to prevent injury. This could involve using a trolley to allow the load to be moved easily. Guidelines for handling and moving goods are covered by the Manual Handling Operations Regulations 1992.

When lifting is necessary, good techniques can help reduce the risks.

These could involve:

- keeping the feet apart, bending the knees and keeping the back as straight as possible
- keeping the load as close to the body as possible
- keeping twisting of the torso to a minimum if turning to one side
- lifting or carrying goods in small amounts
- wrapping the load or using gloves if it has sharp edges
- using a table or bench as a half-way resting point

Using work equipment at home

Employers who provide homeworkers with equipment to carry out their work have a duty to ensure that:

- the equipment is correct for the job that is being done
- proper information and training is given on how to use the equipment, so that the job can be done properly and safely
- the equipment being used is checked regularly and kept in a condition that does not cause harm to the homeworker or others

- those people who are testing the equipment or training the homeworker are properly trained themselves, so that they provide the correct information and training
- the machine being used has protective equipment, for example a machine guard to prevent the homeworker, or anyone else, being injured when it is in use
- the necessary personal protective equipment is provided for using the work equipment safely; for example gloves are provided when working with needles
- the equipment has the right controls to allow the work to be done safely; for example the controls should be clearly marked and properly positioned
- checks on equipment are carried out safely; for example machines are switched off while being checked

The Provision and Use of Work Equipment Regulations 1998 cover the use of work equipment in the home. Guidelines for the use of protective equipment at home are covered by the Personal Protective Equipment at Work Regulations 1992.

Using electrical equipment for work at home

If homeworkers use electrical equipment provided by the employer as part of their work, the employer is responsible for its maintenance. Employers are only responsible for the equipment **they** supply. Electrical sockets and other parts of the homeworkers' domestic electrical system are their own responsibility.

Listed below are simple steps that employers can take to prevent harm or injury to homeworkers, or other people, when homeworkers use electrical equipment in the home.

- Ensure electrical equipment is turned off before it is checked
- Check that plugs are not damaged
- Check the domestic electrical systems are adequate for electrical equipment
- Check plugs are correctly wired and maintained
- Check that the outer covering of the cable or wire is gripped where it enters the plug or the equipment
- Check that the outer cover of the equipment is not damaged, for example look for loose parts or screws

- Check leads, wires or cables for damage to the outer covering
- Check for burn marks or staining that suggests overheating
- Repair electrical equipment that may cause harm or injury to the homeworker
- Check that there are no trailing wires; if there are, tuck them out of the way, for example under a desk or table, to prevent accidents

Most of the faults that can cause harm can be prevented just by looking for any damage to the electrical equipment. The safe use of electricity at work is covered by the Electricity at Work Regulations 1989.

Using substances and materials for work at home

Here is a checklist of things to be aware of when using substances, materials or chemicals that may be hazardous to health and safety:

- Are they flammable, toxic, or corrosive?
- Do they give off fumes?
- Are they stored safely, for example could any children reach them easily?

- Does anyone suffer from dizzy spells, feel sick or have headaches?
- Does anyone suffer from skin rashes or irritation?
- Does anyone suffer from asthma?

An easy way of identifying hazardous substances is by looking for hazard warnings on the label. The Chemicals (Hazardous Information and Packaging for Supply) Regulations 2002 (CHIP 3), require hazardous substances to be labelled with orange and black hazard symbols. But any substance that places homeworkers' or other people's health or safety at risk, must be handled according to the instructions provided by the employer, the supplier of work or the manufacturer or supplier of the substance.

If the risk assessment shows that a homeworker's health is at risk from exposure to any hazardous substance, the employer must take appropriate action. Employers are only responsible for substances and materials **they** provide to their homeworkers. Under the Control of Substances Hazardous to Health Regulations 2002 (COSHH 2002), the employer is responsible for:

- ensuring that the homeworker's exposure to the substances is prevented or adequately

controlled. If possible, the employer should replace the hazardous substance with a less hazardous one

- supplying the homeworker with personal protective equipment, for example gloves or a mask, in addition to providing other control measures - but only in cases where other measures are insufficient, on their own, to adequately control exposure; for example providing exhaust ventilation where opening the window may be inadequate to protect the health of the homeworker
- taking all reasonable steps to ensure that the homeworker uses control measures, such as personal protective equipment, properly
- carrying out any exposure monitoring, or health surveillance, that COSHH 2002 may require (and keeping records in both cases)
- informing, instructing and training homeworkers about the nature of the substances and materials they work with, and the risks created by exposure to those substances and materials and the precautions they should take; for example when using materials with sharp edges such as needles

Depending on what hazardous substances are involved, the Control of Lead at Work Regulations 2002, and the Control of Asbestos at Work Regulations 2002, might also apply.

Working with VDUs

The use of VDUs is covered by the Health and Safety (Display Screen Equipment) Regulations 1992 as amended by the Health and Safety (Miscellaneous Amendments) Regulations 2002. Employers have a duty to make sure that the display screen equipment used by homeworkers is safe and does not affect the user's health.

When working with VDUs it is important for homeworkers to adjust their work station to a comfortable position and take breaks from work. This will help prevent undue tiredness. Remembering to stretch and change position regularly can help to reduce tiredness and prevent pains in the hands, wrists, arms, neck, shoulders or back. VDUs need to be placed in a position where lighting will not cause reflections or glare on the screen.

It is also important for homeworkers to view the screen comfortably. They may need different spectacles for this. Homeworkers should consult their GP or an optician if in doubt. VDU users can request an eye examination and eye test from their employer.

Here is a checklist of points that employers need to be aware of when their homeworkers use VDUs:

- Is the screen clear and readable, and without flicker?
- Is the screen free from glare and reflections?
- Are the 'brightness' and 'contrast' controls properly adjusted to prevent eyestrain?
- Is there suitable lighting so that the fine detail on the screen can be seen and read?
- Is the keyboard placed in the right position to allow the homeworker to work comfortably?
- Is the screen and computer clean; is it free from dust and dirt?
- Can the chair be adjusted to the right height so that work can be done comfortably?
- Is the VDU placed at the right angle on the desk to allow work to be done comfortably, for example without having to make any awkward movements?
- Is there enough space under the desk to allow free movement?

- Is there enough space in general so that the homeworker can move freely between the work on the desk and the VDU?

NEW AND EXPECTANT MOTHERS

New legislation required to implement the European Directive on Pregnant Workers was introduced in 1994 and is covered by the Management of Health and Safety at Work Regulations 1999.

When assessing risks to the homeworker, the new legislation requires the employer to pay attention to homeworkers who are new and expectant mothers. Risks include those to the unborn child or to the child of a woman who is still breast feeding - not just risks to the mother herself. A new or expectant mother means a worker who is pregnant, who has given birth within the previous six months, or who is breast feeding. 'Given birth' is defined in the new Regulations as 'delivered a living child or, after 24 weeks of pregnancy, a stillborn child'.

A guide for new and expectant mothers who work sets out the known risks to new and expectant mothers and gives advice on

what the employer is required to do to comply with health and safety law.

FIRST AID

Under the Health and Safety (First-Aid) Regulations 1981, employers need to ensure that they supply adequate first-aid provisions for homeworkers. The exact provisions depend on the nature of the work activity and the risks involved. Further information on first aid is available in *Basic advice on first aid at work* (see page 12).

SAFETY REPRESENTATIVES

Under Section 2(4) of the Health and Safety at Work etc Act 1974 safety representatives appointed by a recognised Trade Union, can represent homeworkers in consultations with employers about health and safety matters.

TRADE UNION REFORM AND EMPLOYMENT RIGHTS ACT 1993

Under the Trade Union Reform and Employment Rights Act 1993,

employees including homeworkers can stop work in the event of serious or imminent danger arising from the work that they are doing, without it affecting their employment rights. However, employees including homeworkers have a duty to report all faults which may be a hazard to their own or others' health or safety.

REPORTING OF INJURIES, DISEASES AND DANGEROUS OCCURRENCES REGULATIONS 1995 (RIDDOR 95)

The revised RIDDOR Regulations came into force on 1 April 1996. These Regulations place a duty on the employer to report and keep a record of certain work-related accidents, injuries, diseases and dangerous occurrences. Employers have a duty to ensure that they find out about accidents, injuries, diseases or dangerous occurrences arising from work-related activities. This may involve ensuring that homeworkers report any incidents to their employer. *RIDDOR explained* gives advice on what employers need to do to comply.

HEALTH AND SAFETY EXECUTIVE (HSE) INSPECTORS

HSE Inspectors enforce the HSWA and the Regulations made under the HSWA, that apply to homeworking. Inspectors visit employers and also have the right to visit homeworkers, to ensure that risks from work and working at home are properly managed. They also investigate and help settle complaints about working conditions that could affect the health, safety or welfare of employees, including homeworkers.

FURTHER INFORMATION

If you have a problem with health and safety, further advice and help is available from:

- Your local HSE Office (see under Health and Safety Executive in your local telephone directory)
- Trade unions
- Regional homeworking projects (for contacts see below):

Blackburn Borough Council
Women's Resource Centre
Regent House
Regent Street
Blackburn
BB1 6BH
Tel: 01254 260736

Coventry City Council
Homeworking and Womens
Employment Officer
Regeneration Services
Coventry Canal Basin
John Sinclair House
St Nicholas Street
Coventry
CV1 4LY
Tel: 024 7683 1285
e-mail: vera.hyare.coventry.gov.uk

Homeworkers' Campaign for Change
116 St Peter's Road
Leicester
LE2 1DE
Tel: 0116 2470940

Homeworkers' Helpline
Tel: 0800 174095

Rochdale Borough Council
Homeworking Development Project
PO Box 39
39 Municipal Offices
Smith Street
Rochdale
OL16 1LQ
Tel: 01706 864377
e-mail: homeworking@rochdale.gov.uk

National Group on Homeworking
Office 26
30-38 Dock Street
Leeds
LS10 1JF
Tel: 0113 245 4273

Pay and Employment Rights Service
Field House
15 Wellington Road
Dewsbury
WF13 1HF
Tel: 01924 439618

USEFUL PUBLICATIONS

The following publications from HSE Books give guidance on the sets of Regulations mentioned in this leaflet:

Management of health and safety at work. Management of Health and Safety at Work Regulations 1999. Approved Code of Practice and guidance L21 2000
ISBN 0 7176 2488 9

Essentials of health and safety at work
ISBN 0 7176 0716 X

Safe use of work equipment. Provision and Use of Work Equipment Regulations 1998. Approved Code of Practice and guidance ISBN 0 7176 1626 6

Manual handling. Manual Handling Operations Regulations 1992. Guidance on Regulations ISBN 0 7176 2823 X

Getting to grips with manual handling: A short guide for employers INDG143(rev2) (single copies free; ISBN 0 7176 2828 0 for priced packs of 10 copies)

Work with display screen equipment. Health and Safety (Display Screen Equipment) Regulations 1992 as amended by the Health and Safety (Miscellaneous Amendments) Regulations 2002. Guidance on Regulations
ISBN 0 7176 2582 6

The law on VDUs: An easy guide HSG90
ISBN 0 7176 2602 4

Working with VDUs INDG36 (rev2) (single copies free; ISBN 0 7176 2222 3 for priced packs of 10 copies)

Personal protective equipment at work. Personal Protective Equipment at Work Regulations 1992. Guidance on Regulations ISBN 0 7176 0415 2

Electricity at work: Safe working practices HSG85 (Second edition)
ISBN 0 7176 2164 2

Memorandum of guidance on the Electricity at Work Regulations 1989. Guidance on Regulations HSR25
ISBN 0 7176 1602 9

Control of substances hazardous to health. The Control of Substances Hazardous to Health Regulations 2002. Approved Code of Practice and guidance L5
ISBN 0 7176 2534 6

COSHH: A brief guide to the Regulations. What you need to know about the Control of Substances Hazardous to Health Regulations 2002 (COSHH) INDG136 (rev2) (single copies free; ISBN 0 7176 2677 6 for priced packs of 10 copies)

The idiot's guide to CHIP 3 INDG350 (single copies free; ISBN 0 7176 2333 5 for priced packs of 5 copies)

5 steps to risk assessment INDG163(rev1) (single copies free; ISBN 0 7176 1565 0 for priced packs of 10 copies)

A guide for new and expectant mothers who work INDG373 HSE Books 2003 (single copies free, ISBN 0 7176 2614 8 for priced packs of 10 copies)

Basic advice on first-aid at work
INDG347 HSE Books 2002 (single
copies free; ISBN 0 7176 2261 4 for
priced packs of 20 copies)

*First aid at work. Health and Safety
(First-Aid) Regulations 1981. Approved
Code of Practice and guidance* L74
ISBN 0 7176 1050 0

*Safety representatives and safety
committees* (Third edition) L87
ISBN 0 7176 1220 1

RIDDOR explained HSE31 (rev1) (single
copies free; ISBN 0 7176 2441 2 for
priced packs of 10 copies)

*A Guide to the Reporting of Injuries,
Diseases and Dangerous Occurrences
Regulations 1995* (Second edition) L73
ISBN 0 7176 2431 5

*Health and safety of homeworkers: Good
practice case studies* Research Report
RR262 HSE Books 2004
ISBN 0 7176 2888 4 (also available at
www.hse.gov.uk)

The future availability and accuracy of
the references and web addresses listed
in this publication cannot be
guaranteed.

HSE priced and free publications are
available by mail order from HSE
Books, PO Box 1999, Sudbury, Suffolk
CO10 2WA Tel: 01787 881165
Fax: 01787 313995 Website:
www.hsebooks.co.uk (HSE priced
publications are also available from
bookshops and free leaflets can be
downloaded from HSE's website:
www.hse.gov.uk.)

For information about health and safety
ring HSE's Infoline Tel: 08701 545500
Fax: 02920 859260 e-mail:
hseinformationservices@natbrit.com or
write to HSE Information Services,
Caerphilly Business Park, Caerphilly
CF83 3GG.

This leaflet is available in packs of 15
price £5.00 (discounts available on
multiple orders) from HSE Books
ISBN 0 7176 1204 X

**This guidance is issued by the
Health and Safety Executive.
Following the guidance is not
compulsory and you are free to
take other action. But if you do
follow the guidance you will
normally be doing enough to
comply with the law. Health and
safety inspectors seek to secure
compliance with the law and
may refer to this guidance as
illustrating good practice.**

© *Crown copyright* This publication may be freely reproduced, except for advertising,
endorsement or commercial purposes. First published 7/96. Please acknowledge the source
as HSE.

Printed and published by the Health and Safety Executive
C125 INDG226 Reprinted 1/05