In this series, we look at a range of home activities where Linux can make the most of our time at home, keeping active and engaged. The change of lifestyle enforced by Covid-19 is an opportunity to expand our horizons, and spend more time on activities we have neglected in the past.

Given that we are told its our "civic duty" to avoid public transport, working at home is going to remain commonplace for a long time. Employers have a duty to assess the health and safety risks faced by their workers. An employer must systematically check for possible physical, mental, chemical and biological hazards. This inevitability entails a risk assessment. Part of this risk assessment involves ensuring that workers are protected from repetitive strain injuries (RSI).

It's much harder for an employer to conduct a proper risk assessment in an employee's home. They can issue guidelines, best practice, and advice. But ultimately the employee needs to ensure they don't injure themselves when working from home. Home workers face a lot of challenges. Prolonged use of computer equipment can result in upper limb disorders, notably in the wrist or the back. RSIs are a subset of musculoskeletal disorders. It's easy for home workers to forget to take breaks.

Fortunately, there's excellent open source software that help to combat RSI. Here's our recommendations.

Software

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