

Workplace Accessibility Adaptations



Task	Description	Possible Solutions		
Commuting to work	Travelling to and from the workplace will make me more tired as I use more energy to move at the moment	Flexible hours to avoid peak travel times	Work from home temporary or permanently	Ride-sharing, Taxi, Access2Work
Feeling irritable from pain	I feel very irritable and short-tempered from the pain. I am worried this may affect my relationships with colleagues	Allow regular breaks during the day	Adjustable chairs or a standing desk	Offer a quiet or private space
Struggling to move around	It can hurt a lot to move around at work because of my injuries	Move your desk closer to the toilets and facilities	Placing tools and equipment close by	Install automatic doors
Difficulty typing due to a broken arm	I am going to struggle to type as my left arm is currently broken	Use speech-to-text software	Provide a one-handed keyboard	temporary assistant

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