

Safe-Space Your Workplace

KNOWING YOUR PHYSICAL LIMITATIONS and potential seizure triggers can help you create a safe work environment. Consider these guidelines provided by the **Job Accommodation Network**.



CREATE AN ACTION PLAN

Provide your supervisor or a coworker with an emergency contact list and any pre-seizure warning signs. Discuss how and when to provide assistance or call 911.



IS PHOTOSENSITIVITY A TRIGGER?

Use an LCD monitor with a glare guard, replace fluorescent lights with full-spectrum lighting and take frequent breaks from computer tasks.



ARE YOU FATIGUED?

Use anti-fatigue matting on the floor and adjust your schedule to ensure that you're getting proper rest.



HAVE TROUBLE WITH BALANCE?

Avoid heights, use rolling safety ladders, wear head and eye protection and add padded edging to corners.



CAN'T DRIVE?

Carpool or use public transportation. If your job allows it, telecommute from home whenever possible.



MINIMIZE STRESS

Get plenty of sleep and avoid shift work. Break down complex projects into easier-to-manage tasks.