# Evaluating Work from Home Opportunities

This checklist is designed to help you make an informed decision of whether working from home (remote work) is a suitable option for you. It is important to take note of the following considerations that are recommended, if not required, for this type of working environment.

Is it a good fit for you?

* Do you have applicable and relevant training/ experience that applies to remote work?
* Do you have confidence in your abilities to work without supervision?
* Are you comfortable working alone for extended periods of time?
* Will others in your household respect your need to remain uninterrupted?
* Are you comfortable and effective at communicating via email, phone, Zoom, etc.?

Essentials for a Workplace at Home

* A designated workspace that is used exclusively for work
* An ergonomic workstation to support sitting for long periods of time:
  + Suitable desk at appropriate height
  + Comfortable chair
  + Desk space to support all work equipment
* Adequate technology (may not be provided by an employer):
  + Computer; laptop
  + Printer, Scanner, Headset, Video camera, Software (Microsoft Office), Anti-virus Software, etc.
  + Reliable, high speed internet access
* Adequate lighting to complete tasks without eye strain
* Adequate ventilation and comfortable room temperature

Need help finding a remote job? Help with workplace accommodations? Are you a job seeker with a disability? Then contact us for support!