

# Working from home during COVID-19

**Shereen Lurie** shares top tips to create an effective working space during lockdown



Audi Snýman Interior Design



Newport Lighting

**D**uring lockdown the vast majority of the working population has found itself in the position where people are working from home, resulting in the need for a space where they can replicate a working environment. Four design experts advise on how best to create a space with minimal distractions to produce your maximum output.

### BE REALISTIC

Lane Reeves, founder of Metaphor Design, advises that you be realistic and let go of the perfect home office ideal. "In my mind I have added on a home extension with open trusses and all white floor-to-ceiling bookshelves set off against soft oak floors. But unfortunately for me (and many others) this could not be brought into existence in the short few days prior to lockdown. I believe that the ideal workplace is different for all of us. All you need to think about is what really is going to work for you." This may mean maximising the potential of existing spaces in your home – be it a dining room table, a nook in your bedroom or a dedicated room in your home.



Newport Lighting

### LIGHTING IS KEY

While ergonomics and comfort are important considerations, lighting plays a pivotal role in creating the optimal office space. Guy Harris, owner of Newport Lighting, says natural light is central to your work space as it provides a calming effect and is better for your eyes (and your mind). Artificial light, however, can be just as important by being both functional and mood-enhancing if chosen correctly. "Selecting your ideal lighting sources depends on what kind of work you do. In addition to ambient light you would add your essential task lighting such as desk lamps. You can make some effective enhancements to your existing lamps by simply changing light bulbs or lamp shades."

"Natural light is central to your work space as it provides a calming effect and is better for your eyes." – Guy Harris

### SUPER STORAGE

Storage space and shelving is integral to any home office. Leanne Van Niekerk, owner of Leanne Van Niekerk Interiors, says a clutter-free space outfitted with simple furnishings and a neutral colour palette has a way of freeing the mind and sparking creativity. "Home office design plays a role in your productivity and energy. Your home office is a place that should inspire the flow of creativity and allow you to get down to business."

### PRETEND YOU'RE IN THE OFFICE

Audi Snýman, owner of Audi Snýman Interior Design, advises you to get ready for your working day as if you were going to the office. "By defining this from the word 'go', you won't be tempted by household distractions or be tempted to lie in at home. Also, don't forget to give yourself regular breaks – it's important to balance out your work and be mindful of your health. Even the busiest of people still need a breather to ensure they are working at their best." 🏠

*With thanks to Audi Snýman Interior Design, Leanne Van Niekerk Interiors, Metaphor Design and Newport Lighting*

### KEEP IT CLEAN

Hygiene is of utmost importance as we navigate COVID-19 so ensure your computer screen, keypad, phone and desktop surface are wiped down and sanitised regularly with antibacterial liquid. An effective disinfectant product needs to contain at least 70% alcohol.



Leanne Van Niekerk Interiors