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Name Surname of the Employee

Employee statement of the suitable premises and technical conditions for remote work

I declare that I have the appropriate premises and technical conditions to perform remote work in the place agreed with the Employer, i.e.
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In the event of any change in these conditions I immediately inform the Employer about this fact.

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date, place and signature of Employee

Appendix 1 to the Statement

I declare that I am familiar with the requirements regarding the equipment and organization of the workplace set out in the Regulation of the Minister of Labor and Social Policy on occupational health and safety at the workplace equipped with screen monitors (Journal of Laws of 1998, No. 148, item 973).

I declare that the workplace where I perform remote work meets the requirements for having an appropriate table, chair and lighting, i.e.:

- 1) The design of the table allows for convenient positioning of the workstation equipment, including the varied height of the monitor and keyboard. The width and depth of the table provides: sufficient space for easy handling of the station equipment and performing activities related to the type of work, positioning the keyboard with a distance of not less than 100 mm between the keyboard and the front edge of the table, setting the equipment elements at an appropriate distance from the employee, is within reach of his upper limbs, without having to adopt forced positions.
- 2) The height of the table and the seat of the chair ensures: natural position of the upper limbs when using the keyboard, maintaining at least a right angle between the arm and forearm; the appropriate angle of observation of the monitor in the range of 20°÷50° downwards (counting from the horizontal line at the level of the employee's eyes to the line drawn from his eyes to the center of the monitor), the upper edge of the monitor should not be above the employee's eyes; sufficient space to place the legs under the table top.
- 3) The chair constituting the equipment of the workplace has: sufficient stability, by equipping it with a base of at least five supports with wheels; dimensions of the backrest and seat, ensuring a comfortable body position and freedom of movement; seat height adjustment in the range of 400÷500 mm, counting from the floor; backrest height adjustment and backrest tilt adjustment in the following range: 5° forward and 30° backward; profile of the seat plate and backrest suitable for the natural curve of the spine and femoral section of the lower limbs; the ability to rotate around the vertical axis by 360°; armrests.
- 4) Lighting provides comfort for visual work

In the event of a change in the abovementioned conditions or the emergence of new threats in the workplace, I inform the Employer immediately.

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date, place and signature of Employee