

# Back to work after Covid - Questionnaire



## 10 questions to ask yourself and your team

The pandemic has taken its toll not only on our health but also on our minds. This questionnaire is to help us prepare and take any steps necessary for your safe and happy return to work. Please answer the questions honestly so we can prepare in the most effective way.

Name \_\_\_\_\_

Date \_\_\_\_\_

Questionnaire to be filled in by all employees

1. Are you looking forward to returning to work?

YES

NO

2. Do you have concerns about commuting to work?

Comments:

3. What concerns if any do you have the most about returning to work?

Being exposed to COVID-19 while commuting

Being exposed to COVID-19 while at work

Caring for family members at home

Childcare arrangements

I won't be as productive

Potentially infecting my peers

Other / None: Please comment

4. What would your ideal working arrangement be until the end of the year?

Working from home full-time

Working from home 1-2 days per week

Working from home 3-4 days per week

Working onsite all week

5. What safeguards or precautions would you expect to be available before feeling safe to return to the office?

Comments:

6. Would you be willing to wear a face mask?

YES

NO

7. Have you been diagnosed with Covid-19 while away from work?

YES

NO

8. What motivates you the most about returning to work?

Interacting with co-workers

My hardware/equipment

I'm more productive

I find it easier to collaborate

9. If you were offered a Mindfulness session to help you with returning to work, would this be of interest?

YES

NO

10. What would help you stay mentally healthy at work?

Comments:

Is there anything else you would like to say?

Comments: