

MIGRAINE AT WORK

Employer Self Assessment

Is your office environment friendly toward employees with migraine disease? Here's a checklist of simple steps you can take to improve your workplace.

Trigger Management

- Adjustable overhead lighting/cubicle shades
- Anti-glare computer screen filters
- Fragrance-free or fragrance-light spaces
- Reduced-noise spaces, including spaces away from high traffic areas

Resources

- Open to flexible schedules, including telework options, when available
- Support appropriate treatment for employees with the disease
- Provide an accessible dark, quiet room for employees to rest in the event of migraine attack
- Include access to employee awareness and educational programs

Acknowledgement and Understanding

- Demonstrate to employees that you respect and understand migraine is a serious neurological disease, often requiring medical treatment
- Provide opportunities for employees to suggest workplace improvements
- Encourage employees—including those with invisible diseases—to share information about the challenges they face in the workplace



For more information and resources contact Kellie Pokrifka at kellie@migraineatwork.org or visit migraineatwork.org