

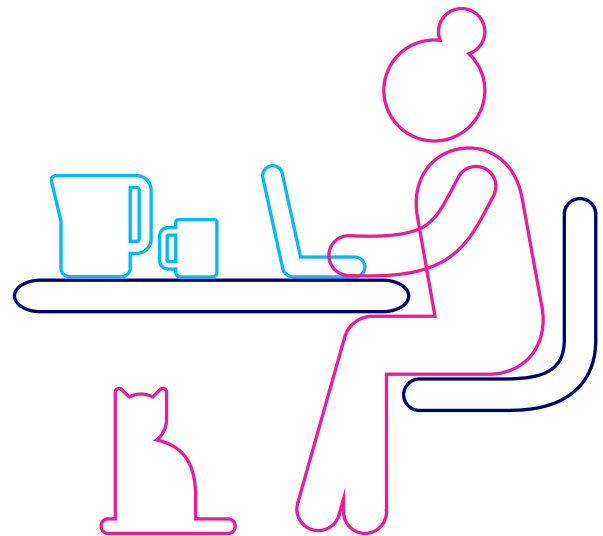
# How to ask your employer about working from home



## Dear Boss,

Air pollution can affect people in lots of ways: it's linked with respiratory and cardiac conditions, increased risk of cancer and evidence is even starting to show a link to dementia.

Some groups of people are especially vulnerable, including those who have existing respiratory or cardiac conditions, pregnant people and the elderly.



Traffic is one of the biggest sources of air pollution, and pollution levels around roads can be especially high around typical commuter travel times. One of the recommendations is to avoid these high levels of pollution by working from home more often.

Because of this, I would like to work from home more regularly, especially on those days when there are predicted high levels of air pollution and where my work tasks do not require me to be in the office. This should not have any negative impacts on my ability to carry out my job: in a project carried out by the charity Global Action Plan, 96% of workers from a major communications firm found that they were equally or more productive when working from home rather than in the office, making this a win/win solution.

If you would like to understand more about the health impacts of air pollution, and what you can do to avoid it, you can find out more information at [cleanairhub.org](https://cleanairhub.org).

**Thank you**

# Clean Air Hub



# How to ask your employer about working flexible hours



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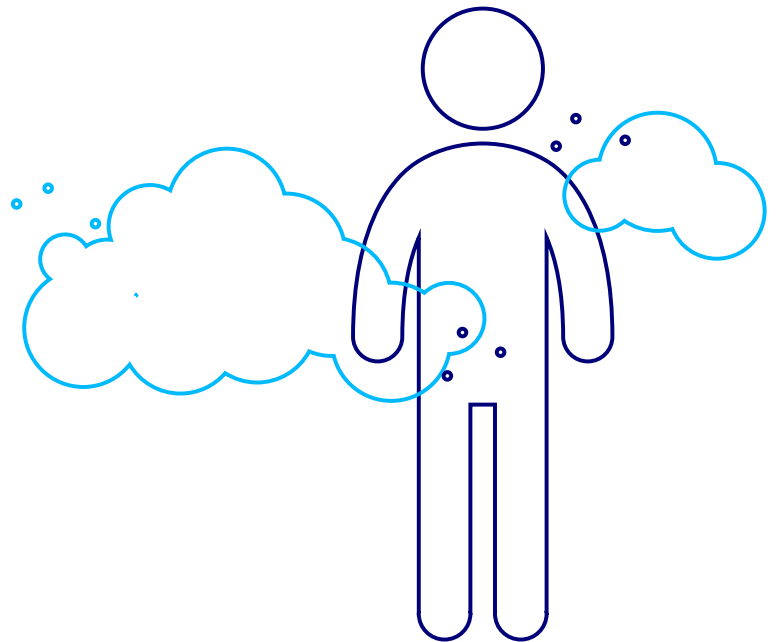
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the recommendations is to reduce your exposure to these high levels of air pollution by avoiding travelling at rush hour.

By shifting my working pattern by one or two hours [forwards of backwards] I can still carry out the same amount of work, while reducing the amount of pollution that I am exposed to.

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**Thank you**



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