

Reasonable Adjustments Reflection Template

Symptom / issue	What triggers it	How it can affect aspects of the role	Reasonable adjustments that can be made	Idea outcome and frequency of review
<i>e.g. headache, nausea, rashes, vertigo, difficulty breathing, asthma attack etc</i>	<i>Fragrances / scents / chemicals etc</i>	<i>Unable to continue working and need to rest</i>	<i>Avoidance of sprays in the office, communal toilets, from staff members, air purifier next to desk. Flexibility if a reaction does occur. Working from home</i>	<i>Less reactions due to reduced exposure to symptoms, improved health and wellbeing, improved focus and ability to work. Review quarterly.</i>