

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
e.g. headache, nausea, rashes, vertigo, difficulty breathing, asthma attack etc	Fragrances / scents / chemicals etc	Unable to continue working and need to rest	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	Less reactions due to reduced exposure to symptoms, improved health and wellbeing, improved focus and ability to work. Review quarterly.