

## Menstrual Health at Work Top Tips

### Understanding

- Training
- Menstrual Health Champions
- Visibility of role models
- Policies, guidance, risk assessments

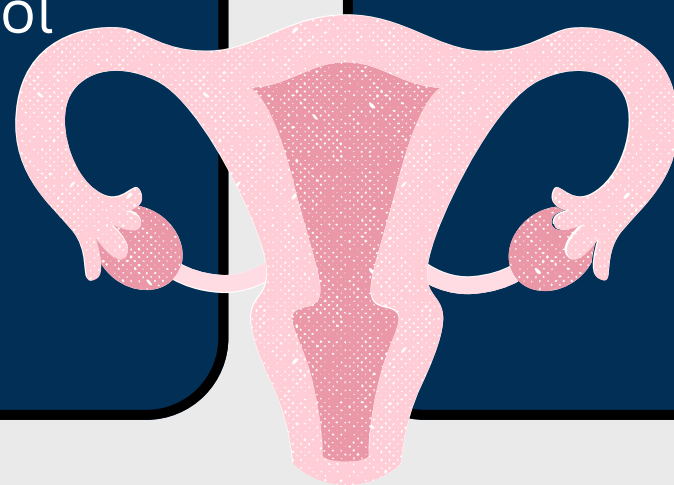


### Accommodations

- A quiet room
- Comfort box - containing hot water bottle, tens machine, hot teas, period products
- Regular breaks
- Accessible workplaces: standing desks, stools, temperature control

### Flexibility

- Working times
- Working from home
- Uniforms & PPE
- Agency over work schedule



### Free period products - think of it like toilet paper

- Provision of free period products in ALL toilets - including disabled toilets
- Both tampons and pads, cups and period pants
- Keep replenished

