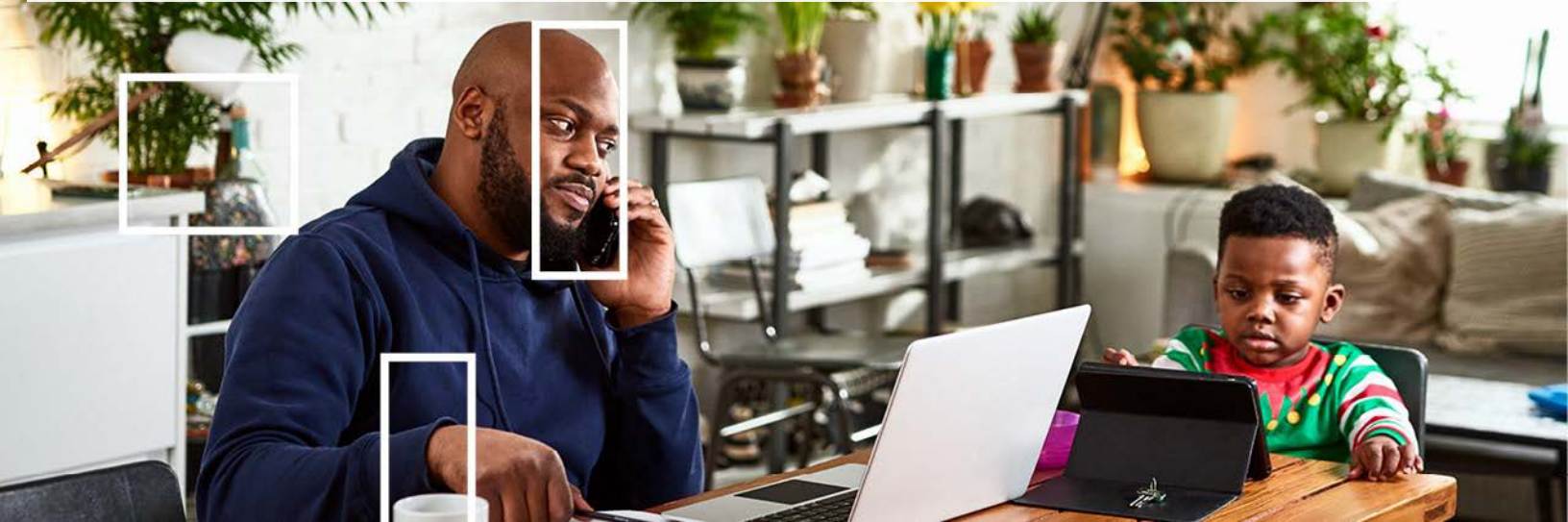


# Work Safe at Home Video Coaching

An Employers' Solution to Maximize the Capabilities & Minimize the Waste of Human Capital



## More workers than ever before are working at home. How can employers manage the safety and health of this growing population?

Our Work Safe at Home Video Coaching solution is a critical part of the answer. Partnering with ergonomics and safety subject matter experts will ensure that quality messaging is delivered in a timely web-based platform to your home-based population. This solution will enhance your risk management and safety processes while keeping employees safe and productive.

### What Risks are Your Work-at-Home Employees Facing?

You are responsible for your employees' safety and health while they are working for you. That does not change when they work from home, but it does get more complicated. If they have a work-related injury it will still affect your workers' compensation costs and your occupational health requirements are still in effect.

- **Ergonomics:** Many employees don't have a dedicated workstation at all in their home – let alone one that has been designed with their musculoskeletal health in mind.
- **Inactivity:** Being sedentary might pose a higher risk to employees working at home because they're not getting up to attend meetings or talk to their coworkers face-to-face.
- **Slip, Trip & Fall:** A common cause of injury at home, employees are at risk of tripping on household objects, slipping on spills, losing their balance, or even falling down the stairs.
- **Fire & Electrical Safety:** Employees cannot underestimate how critical it can be to follow basic practices regarding items like smoke detectors and not overloading circuits.
- **Isolation:** Working from home can create a sense of isolation for some employees.

The screenshot displays the 'Work Safe at Home' video coaching platform. At the top, the WillisTowersWatson logo and 'Work Safe at Home' branding are visible. The main content area features a video player showing a man and a child working at a desk. To the right, a sidebar lists video topics: 'Work From Home Ergonomics' (Introduction 1:21), 'Work From Home: Chair' (4:28), 'Work From Home: Keyboard & Mouse' (9:12), and 'Work From Home: Monitor' (2:18). Below the video player, there are three sections: 'Quick Tip - Healthy Sitting' with a 'Move, Adjust and Stretch' tip; 'Sitting and Stretching Handouts' with a 'Home Office Ergonomics' handout; and 'Blog - Working Safe at Home' with a 'Dealing with COVID-19: Employee safety while working remotely' article. A 'Feedback or Ideas?' section is also present at the bottom.

## Work Safe at Home Video Coaching

We created the Work Safe at Home Video Coaching solution to manage these risks. It's packed with short videos that address the unique needs of the remote employee. It includes tips on setting up a safe and effective computer work area, strategies for developing safe work habits, stretches, and postural changes that can improve comfort and productivity. The library also contains numerous videos that address safety, health and wellness topics, and much more.

## Here's How it Works

We send out regularly scheduled emails that contain brief safety and health messages as well as a link to the video player page with a video queued up and ready to go. We recognize that employees are busy and attention spans are short, so the videos range in length from about 90 seconds to 3 minutes. They are packed with simple and practical tips that can be put into practice right away. The videos can be viewed on a computer, tablet or smartphone, 24/7/365.

Changing habits takes time, and the emails and short videos provide the periodic "tap on the shoulder" that promotes long-term and sustainable change.

## Features

Some of the most compelling features of this system include:

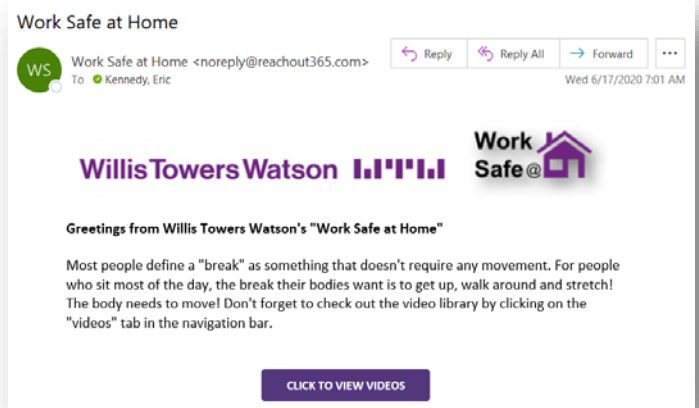
- Can be accessed via Windows, iOS or Android computers, tablets or smartphones
- A continuous campaign of curated content
- Self-service reports on who has opened email, texts, viewed videos, etc.
- Uses link authentication so no usernames and passwords to remember
- Bulk electronic upload of employees' information
- Easily add and remove employees

## About Willis Towers Watson

Willis Towers Watson (NASDAQ: WLTW) is a leading global advisory, broking and solutions company that helps clients around the world turn risk into a path for growth. With roots dating to 1828, Willis Towers Watson has 45,000 employees serving more than 140 countries and markets. We design and deliver solutions that manage risk, optimize benefits, cultivate talent, and expand the power of capital to protect and strengthen institutions and individuals. Our unique perspective allows us to see the critical intersections between talent, assets and ideas – the dynamic formula that drives business performance. Together, we unlock potential. Learn more at [willistowerswatson.com](http://willistowerswatson.com).



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