





Remote ergonomics solutions for industrial employees

The cost-effective way for companies to access ergonomics expertise anywhere

Industrial ergonomics solutions

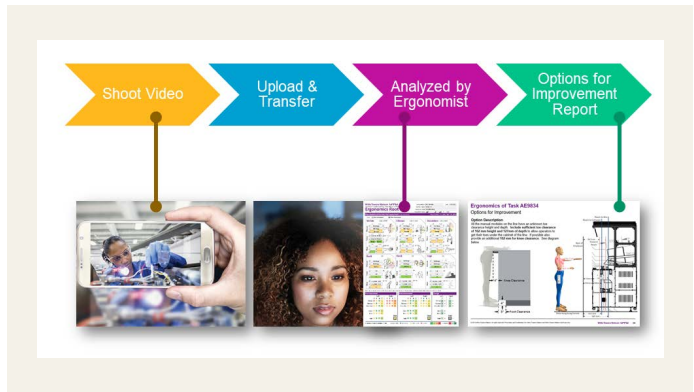
 Do you have jobs or tasks where musculoskeletal injuries have occurred? Are there work areas where you see employees being exposed to risk factors like awkward posture, force and repetition? Do you look at your skilled workforce and have concerns for their flexibility?

 If you've answered yes to any of these questions and are challenged with having outside consultants visit your company, have limited resources or rapidly need expert advice, the following remotely delivered solutions are for you. These remote options can empower your company to address high risk tasks, ensure ergonomic readiness exists through proper warm-up and stretching, and expand employees' baseline knowledge of risk factors and how to apply tools to make work environments safer and more productive today than they were yesterday.

Remote ergonomics task analyses

Our remotely delivered task analyses process presents easy steps for you to capture video clips of job tasks and upload them to a secure portal. Our Certified Professional Ergonomists will analyze the video clip(s) along with conducting a few short question/answer web meetings.

Lastly, a report will be built in PowerPoint format showing representative task images along with findings and recommendations. Having information in slide format allows a company representative to experience concise verbiage with actionable items alongside corresponding images. This format also creates easy distribution to various work sites and area leaders. Depending upon your preference, our analysis can leverage our easy to use ErgoROOT risk quantification tool or rely simply on our risk qualifying expertise. Both options will lead to options for improvement.





Remotely delivered warm-up and stretch resources

In addition to addressing musculoskeletal risk factors, it is important to provide employees with an understanding of how to warm-up and stretch throughout the day. By providing job task information through video clips and conversation, our exercise physiology, occupational therapy, and physical therapy assistant team will customize warm-up and stretching material in poster format. Additionally, we will provide a remotely delivered kickoff meeting to ensure site leaders and observers can guide employees on a proper warm-up and stretching program.



Remote kaizen ergonomics events

Vitalizing your ergonomics processes with an engine that drives change is paramount to sustainable success. The Japanese words “kai” and “zen” are translated as “change for the good.” Thus, remotely delivered kaizen ergonomics events are a perfect approach to empowering a group of employees with knowledge that can be applied immediately to make the selected work environments safer and more productive today than they were yesterday.

The 20-hour experience is arranged by webinar delivery of multiple four-hour time blocks that fit your team’s schedule. Through webinar instruction and video samples, the on-site team is provided a critical understanding of how to apply lean ergonomics principles. To structure focused actions, the audience will be provided with our proprietary risk quantification ErgoROOT tool, which can become a cornerstone for sustainable ergonomics efforts. Lastly, the participants will leverage their new knowledge and apply the tool to real on-site job tasks and report back the changes to the instructor and site leadership.

RECOVERY STRETCHES

1. Never stretch cold muscles
2. Everyone's flexibility is different so don't compare
3. Listen to your body; it will let you know when it needs to stretch and how far you can go

WARM YOUR BODY UP for your day

If you want to perform at your best, and keep your body safe, then you need to warm up your muscles and joints before you begin your job tasks. Here are some movements to try...

ARM CIRCLES
Stand with your feet shoulder-width apart and extend your arms parallel to the floor. Circle your arms forward using small controlled motions, and then repeat the motion. Perform 20 in each direction.

LATERAL TRUNK REACH
Stand with your feet shoulder-width apart and your knees at your job. Reach your right arm as far as you can to the right. Hold for 15 seconds. Repeat with the left side. Lower your arms and repeat on the opposite side. Perform 20 on each side.

HIGH KNEE MARCH
Stand with your feet shoulder-width apart and your knees at your job. March in place, lifting your knees up to your hip level. Repeat for 30 seconds.

FIST PUMPS
Stand with your feet shoulder-width apart and your knees at your job. Pump your fists up and down. Repeat for 30 seconds.

LATERAL TRUNK
Stand with your feet shoulder-width apart and your knees at your job. Reach your right arm as far as you can to the right. Hold for 15 seconds. Repeat with the left side. Lower your arms and repeat on the opposite side. Perform 20 on each side.

LATERAL NECK FLEXION
Stand with your feet shoulder-width apart and your knees at your job. Tilt your head to the right. Hold for 15 seconds. Repeat with the left side. Perform 20 on each side.



Contacts

For more information and to see what the Workforce Vitality Practice can do for you, contact your client relationship manager or:

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Computer-based employees too! Be sure to check out our Remote ergonomics solutions for computer users



Remote ergonomics solutions for computer users

The cost-effective way for employees to access ergonomics expertise anywhere

Office or home-based ergonomics solutions
If your company is challenged with providing sound ergonomic-based ergonomics advice to employees based in offices and at home anywhere in the world? Do you want your employees that are based here to present their concerns or issues followed by solutions? Could your ergonomics and wellness processes be enhanced by providing employees the ability to speak with ergonomics experts who will coach them on adjusting their current equipment and recommend additional items if necessary?

Office Ergonomics Video Coaching
From onboarding employees, to create best practice methods, to identify those relating to work, our 20 web-based office ergonomics coaching videos are available to provide quick, targeted and professional training designed to motivate performance and reduce desired behaviors on and off work.

Web-based Video Coaching
If you are new to any of these questions, the following remote solutions from Willis Towers Watson's Workforce Vitality Practice are for you. These solutions intelligently address the full spectrum of employee needs with web-based Video Coaching, web-based Self-Help and our new Advanced Remote Ergonomics Assessments.

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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.



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