



# Work safe at home

## Video coaching bundle

More workers than ever before are working at home. Many are never coming back. How will you manage the safety and health of this growing population? These short and fun videos focus on staying safe, comfortable and productive.

**Topics include** workstation set-up, addressing/fixing a wide variety of postural issues, slip/trip and fall prevention and home electrical safety.

### **Includes:**

- 19 brief videos for employees

## Video coaching overview

**Effective risk management relies on a solid understanding of injury prevention principles and ongoing reinforcement to secure these new behaviors. This injury prevention video bundle accomplishes this with an abundance of engaging and informative “coaching” videos.**

## Work safe at home videos

- Work Safe at Home — Getting Started
- Work from Home — Chair
- Work from Home — Keyboard and Mouse
- Work from Home — Monitor
- At Home: Arms
- At Home: Back
- At Home: Eyes
- At Home: Hands, Wrists and Fingers
- At Home: Hips
- At Home: Neck
- At Home: Shoulders
- Slip/Trip/Fall — Focus
- Slip/Trip/Fall — Stair Tactics
- Slip/Trip/Fall — The Knockout
- Slip/Trip/Fall — The Principles
- Electrical Safety — Extension Cords at Home
- Electrical Safety — Plug in Properly at Home
- Electrical Safety — Principles at Home
- Electrical Safety — The Home Office

The screenshot shows the 'Work Safe at Home' website. At the top, there's a purple navigation bar with the WTW logo and links for Home, Videos, History, Search, and Help. Below the navigation, the page title is 'Work Safe at Home: Work Safe at Home - Getting Started'. The main content area is divided into three columns. The left column has a large video player with the WTW logo. The middle column contains a 'Quick Tip - Healthy Sitting' section with text about breaking up long periods of sitting, a 'Feedback or Ideas?' section with contact information, and a 'Sitting and Stretching Handouts' section with a PDF link. The right column has a 'Work Safe at Home' section with a video thumbnail and a 'Dealing with COVID-19: Employee safety while working remotely' section with a video thumbnail and a 'To read click HERE' link. A sidebar on the right lists video categories and thumbnails for 'Work Safe at Home - Getting Started', 'Work from Home - Chair', 'Work from Home - Keyboard & Mouse', and 'Work from Home - Monitor'.

## About WTW

At WTW (NASDAQ: WTW), we provide data-driven, insight-led solutions in the areas of people, risk and capital. Leveraging the global view and local expertise of our colleagues serving 140 countries and markets, we help you sharpen your strategy, enhance organizational resilience, motivate your workforce and maximize performance. Working shoulder to shoulder with you, we uncover opportunities for sustainable success — and provide perspective that moves you. Learn more at [wtwco.com](http://wtwco.com).



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