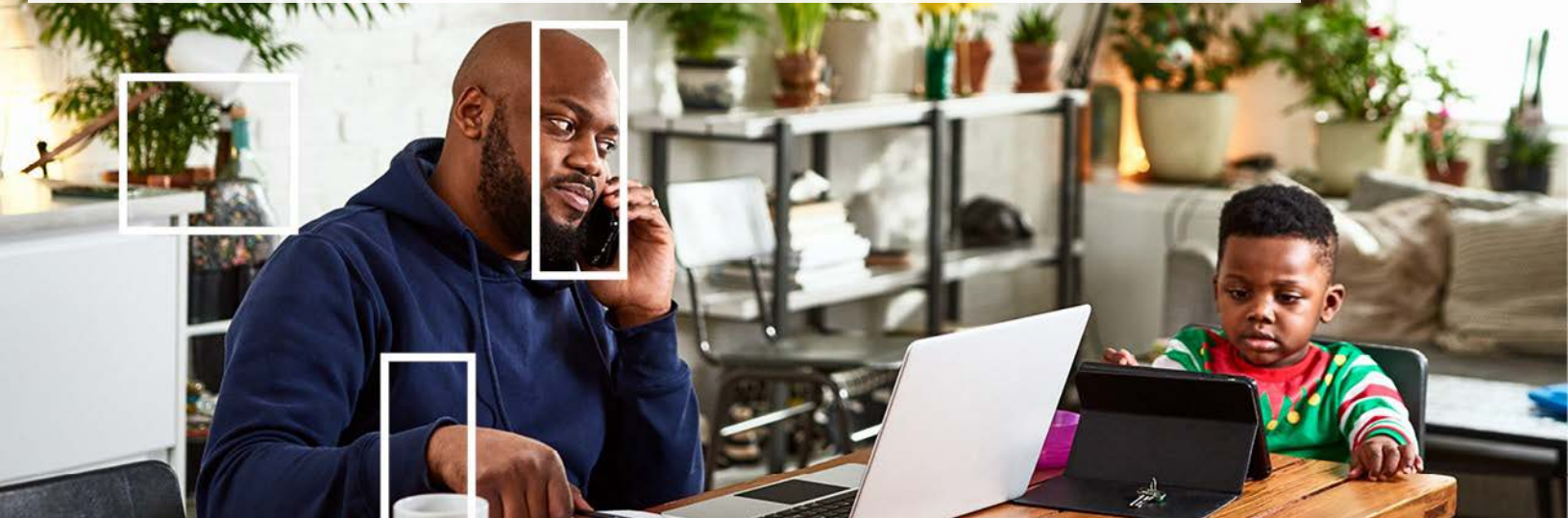


Work Safe at Home Video Coaching List

Maximize Capability & Minimize Waste of Human Capital



Email Campaign List

The following is a list of the videos that are linked to each of the 52 weekly emails that go out with the Willis Towers Watson Work Safe at Home subscription. Once the recipients are on the video page, they can go to the video library and choose from dozens of additional videos on a variety of topics.

Weekly Campaign Emails

- Week 1:** Getting Started
- Week 2:** Work from Home: Chair
- Week 3:** Blink (Stretching)
- Week 4:** Work from Home: Keyboard and Mouse
- Week 5:** Work from Home: Monitor
- Week 6:** The Power Position - Quick Tip
- Week 7:** At Home: Arms
- Week 8:** Chained to My Desk
- Week 9:** Lifting: Keep it Close – Quick Tip
- Week 10:** Lean Forward or Slump
- Week 11:** Find More Than One Way to Do the Same Job
- Week 12:** The Rule of Opposites – Quick Tip
- Week 13:** Striking the Keyboard Too Hard
- Week 14:** Standing: Slight Bend in the Knees – Quick Tip
- Week 15:** Forearms on Sharp Edge
- Week 16:** Fatigue is a Symptom
- Week 17:** Cradling the Phone
- Week 18:** Your #1 Fuel Source is Oxygen
- Week 19:** Sit on Front of the Chair
- Week 20:** Lifting: Build a Bridge – Quick Tip
- Week 21:** Eliminate Glare

Week 22: Cardiovascular Endurance
Week 23: You Call That a Break?
Week 24: Holding Handset
Week 25: Standing: Staggered Stance – Quick Tip
Week 26: Sit on Foot/Cross Leg
Week 27: Sleep Well – Quick Tip
Week 28: Reaching to Keyboard and Mouse
Week 29: Let Your Body Breathe – Quick Tip
Week 30: Sitting Too Long
Week 31: Lifting: Feet First – Quick Tip
Week 32: Sitting: Move, Adjust and Stretch – Quick Tip
Week 33: Stress! – Quick Tip
Week 34: Wrists Planted
Week 35: The Brain/Body Disconnect
Week 36: Energy Up!
Week 37: Make Your Work Accommodate You

Week 38: Stand Up
Week 39: Warming Up
Week 40: Habits – Quick Tip
Week 41: Backrest Not Locked
Week 42: Hips Lower Than Knees
Week 43: Sitting Too Long
Week 44: Sitting; Find More Than One Way to Do the Same Job
Week 45: Stretching
Week 46: At Home – Back
Week 47: At Home - Hands, Wrists and Fingers
Week 48: At Home – Keyboard Too High or Too Low
Week 49: At Home – Shoulders
Week 50: At Home – Hips
Week 51: At Home – Eyes
Week 52: Monitor Issues

Contacts

For more information and to see what the Ergonomics Practice can do for you, contact your Client Relationship Manager or:

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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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