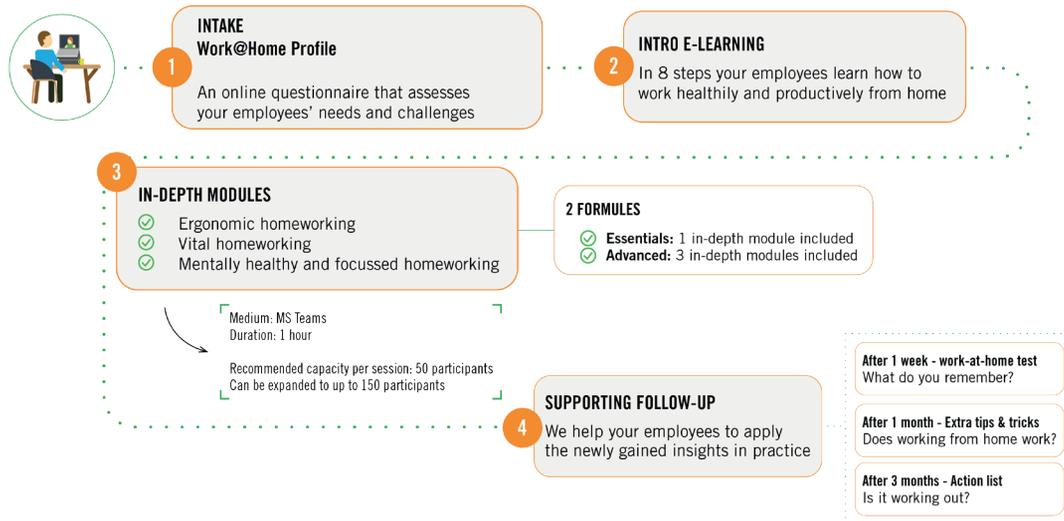




## WORKSHOP

# Online learning program 'Healthy and productive homeworking'



## What?

A safe and healthy workplace supports employee productivity and well-being. Where homeworking is concerned, however, this is mostly beyond your control as an employer. Employees will learn the 8 steps to healthy and productive homeworking during this online learning program. In the advanced modules, we delve deeper into ergonomics, vitality and mental health.

## Why?

Teleworking has already become the norm. Employees have noticed that it benefits their work-life balance. But they are also reporting more and more complaints, such as neck pain, back pain and weight problems. Sometimes they even feel less connected to the company and their colleagues. It is therefore important to support them. In this online learning pathway, they are given the tools to work healthily and productively at home.

## Who?

It's perfect for any company looking to promote healthy and productive homeworking. This course targets employees who mainly perform computer-related work.

## How?

### Contents

Online training programme in which your employees learn how to work from home in a healthy and productive way.

### Ergonomic homeworking

- Workspace and environmental factors
- Setting up a mobile (emergency) workplace
- Simple basic optimisations: tips & tricks
- The ideal (home) workplace and sitting posture

### Mentally healthy and focused homeworking

- Work schedule vs work rhythm
- Stress
- Solidarity with yourself and with others
- Circle of influence
- Digital detox

### Vital homeworking

- Sleep
- Dynamic working and interrupt prolonged sitting
- Healthy breaks: dietary tips and alcohol consumption, exercise and sports tips

## Structure

The online learning program is divided into four phases:

### 1. Intake with the Work@Home Profile

The Work@Home Profile is a concise online questionnaire that assesses your employees' needs and challenges. Each participant sees his/her scores immediately and gets some practical tips & tricks. We customise the course to your organisation based on these insights.

### 2. Intro e-learning

Intro: '8 steps to healthy and productive homeworking'

In 8 steps your employees learn how to work from home healthily and productively in 8 steps.

### 3. In-depth modules (live)

- Ergonomic homeworking: the best work posture and environment for preventing ergonomic (back) pain/ physical complaints.
- Vital homeworking: how to incorporate enough exercise and a balanced diet during the working day.
- Mentally healthy and focussed homeworking.

### 4. Supporting follow-up

Follow-up with tips & tricks for applying the newly gained insights in practice.

- After 1 week: What do you remember? Work-at-home test
- After 1 month: Does working from home work? Extra tips & tricks
- After 3 months: Is it working out? Action list

## Choose the formula that's right for your organisation.

There are two formulas to choose from:

### 1. Essentials

- Intake with Work@Home Profile
- Intro e-learning: 8 steps to healthy and productive homeworking
- 1 in-depth module of your choice
- Follow-up with tips & tricks

### 2. Advanced

- Intake with Work@Home Profile
- Intro e-learning: 8 steps to healthy and productive homeworking
- All in-depth modules
- Follow-up with tips & tricks

## Result

Your employees will learn healthy and productive homeworking practices and can apply their newly acquired insights right away. That way they will be able to recognise, limit and avoid the pitfalls of homeworking.

What's more, you'll be promoting their motivation, satisfaction and well-being, which, in turn, will reduce the likelihood of work-related health complaints.

## Practicalities

An expert and a moderator give this interactive course. To ensure optimal interaction, we recommended no more than 50 participants per session. The training course can be expanded to a maximum of 150 participants per session.

### Duration

Intro e-learning: 8 steps to healthy and productive homeworking: 15 minutes

- **Module 1: 'Ergonomic homeworking'** - 1 hour
- **Module 2: 'Vital homeworking'** - 1 hour
- **Module 3: 'Mentally healthy and focussed homeworking'** - 1 hour

We schedule the modules after having consulted with you. The modules can be scheduled in stages.

The online learning program and learning materials (video recordings, slides, self-assessment, etc) remain available on the Mensura Learning Platform for one year.