



# HACKATHON



CONNECT



SOLVE

PRESENT



A **COVID-19** Virtual Ideation Experience

**Team Topic and Number: Workplace Wellbeing Team 2**

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**Input your submission below. Please remember that you have 1500 words to share your insights.**

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## **Journey of an employee from home to office.**

### **A day in the life – returning to work**

Balance working in the office and working from home can lead to Living healthier and happier.

Are you ready for your shift for return to work where you will likely have a staggered staffing schedule?

Living healthier and happier while ensuring safety and wellness is at the forefront of your mind when re-entering the workplace.

Your wellness journey will begin with...addressing the inside and the outside. You have been working on your new behavioral habits and are ready to get back to the office.

**Getting to work** will have new ways of ensuring you get to work with healthy choices along the way.

- Designer masks and antimicrobial touch screen gloves are the newest fad and you are looking fabulous
- You have your own coffee and antibacterial coffee mug with your home cooked meal and personal utensils ready for your outdoor lunch break.
- Traveling is evolving,
  - You are Cycling and walking into work and employers will have facilities for showering
  - When taking Public transit, you have your change of clothes as well as your portable UVC light for your cleaning comfort. The occupancy is limited for each train car so you feel like you have the appropriate physical distancing that also have floor markers. The transit will have robotic cleaners that make their scheduled rounds to ensure proper cleaning and disinfection
  - Driving to work in your own car is also an option and since you're only driving 3 days a week and working remotely the other days driving seems to make sense especially in an electric car.

### **Building Entry**

As you walk up to the building you take out your personal device.

- Your App prompts you to schedule elevator time or que-ing line
- Entering the building through an automatic door and available for you are wipes, hand sanitizers, masks, sticky mat for shoe cleaning.
- You know the temperature sensor is just an added precaution for your wellbeing. The use of landlords adopting these measures make you feel comfortable and at ease about being in the work place.
- Your employer provided you with an anti-microbial retractable keychain for opening doors and pressing elevator buttons so walking through the building is a breeze
- There is limiting density in buildings and knowing you are in control of cleaning and protective devices keeps your mind at peace
- The added infrared Heat sensors map out higher density areas and provide a polite heads up to you as a reminder to physically distance and alerts the cleaning crew
- Landlords know that ensuring you come to work will mean an investment in Air filtration, robotic cleaning as well as biophilia
- They have created virtual wellness hubs ensuring there is access to yoga and doctors throughout

- the day when they need them
- There are fascinating holographic images and unique inspiring floor graphics that take you through a wellness path to your space keeping you informed along the way.

### **Back in the Office**

- You use your Elevator App and door pull key chain which work to navigate through doorways without touching them which keeps your mind at ease
  - Your first day back at the office begins with a wave to open or enable voice recognition to enter your reception area not even noticing the thermal scans taking your temperature, but you know they are keeping everyone safe. Afterwards you go take shower and change your clothes.
  - Your workplace is now a wellness hub and designed on evidence-based planning
  - Benching and hoteling stations are now doubled up and reconfigured to eliminate face to face seating and all desks are assigned seating
  - Your furniture has been kitted out with clear dividers
  - Sinks and appliances are equipped with motion sensors to open them along with sanitation wipes nearby.
  - Audio commands throughout your workplace remind you of hand washing and other helpful behavioral
  - Focus rooms are now set up for you to use. Wipes are provided in order to clean after you're done.
  - At night when you leave your desk lamps come on and are safe for UVC cleaning
  - The Wellness room is filled with plants and has extra air filtration and has building accessible virtual wellness programs available
  - Cyclical cleaning schedule is more frequent throughout the day with a Day Porter to clean surfaces and restrooms throughout the day and self-cleaning restrooms at night.
- Amenity areas
    - When areas are densely populated the heat sensors trigger a voice recognition reminder to maintain safe physical distancing
    - It's great that there are hand washing sinks through out the space and the office has never been cleaner
    - It's BYO coffee and/or mug as a sustainable solution so there is no waste and the same is for lunch ware and utensils.
    - Break areas provide the various levels of recycling and are consistently after individual use
    - You use your key/door pull for appliances with handles and you love your new touchless appliances
    - For when you need to open a door there are Step and Pulls on doors and washrooms have been retrofitted for door less main entries
    - Robots empty the recycling, waste, organics in the communal area

### **Meeting Rooms/Collaboration Spaces**

- We come to the office to innovate and collaborate; our collaboration is physically distanced and meeting rooms are 50% less occupied.
- Sensitive conversations are always virtual meetings
- We have more meetings in open collaboration spaces so that you can have a safe distance away from your colleagues
- Holographic meetings and virtual meetings are great to use for those colleagues working at home
- In the evenings or when needed we turn on the portable filtration or disinfection units in these rooms.
- For quiet time the phone booths help for sensory overload
- *Outdoor work spaces are available from the landlords so we can maximize our fresh air and get outside.*

### **QUOTE**

We will all embark on a new journey in the coming months one that will challenge our mind and our navigation skills through our new environments. Our **“Wellness Resilience”** will mean we will consider our inside and outside environments and be patient and kind with our new world and ourselves.

