



Workplace Safety through Smartwatches



Enhancing Workplace Safety through Smartwatches

The use of modern technologies such as smartwatches is becoming a critical tool for employees in businesses. Not only that, but smartwatches can be also used as a tool for enhancing workplace safety.

Because of the sensors which monitor both movement and health information they can help with aspects such as;



**Safety
at work**



**Accident
detection**



**Accident
prevention**



**Social distancing
(COVID-19)**



Safety at work

Certain safety regulations must be followed at every workplace. Having a wearable smartwatch is one of the ways to stay safe and follow these regulations.

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With the help of smartwatches, emergency alerts are more noticeable as they reach employees faster and more efficiently. The vibrations of the watch are perceived more sensitively, making the alert much more perceptible. This is particularly helpful when operating in a noisy environment where sound alerts do not work.

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Furthermore, the smartwatch on hand increases alert efficiency, as other devices could easily be forgotten at another location.

If an employee is a set distance from or enters a specific area that is dangerous, the watch can raise an alert informing him of the dangers. This functionality can help increase safety at work in areas where employees may injure themselves.

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Additionally, wearing a smartwatch frees employee's hands to carry out work-related activities. This increases work safety and work efficiency. A short checking message sent to the employee and the possibility of a simple preconfigured answer is an easy tool to increase the colleagues' safety status.





Accident detection

Workplace injuries should be expected to occur. Smartwatches can offer several advantages when it comes to accident detection.

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Accident detection may be faster if the smartwatch does not detect any employee activity or movement around dangerous areas for an unusual amount of time. Thanks to the placement of the smartwatches

on the wrist, it also makes it easier and faster for employees to call for help by using an emergency button located on the smartwatches.



Additionally, with the smartwatch's ability of location tracking, any responders or help can quickly locate the injured employee.

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Continuous smartwatch contact with the wrist allows monitoring of the employee's personal health condition (thanks to sensors like heart rate, oximeter, blood pressure, body temperature, etc.).

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When detecting any health and stress irregularities, the smartwatch may send health warnings. Detecting health irregularities early on and taking measures to reduce them would have a positive overall effect on workplace safety and productivity, particularly in physically demanding work roles.





Accident prevention

Given that the watch can monitor work activities of employees, in the event of an injury, a safety analyst can retroactively pinpoint which activities preceded the injury and based on these data can propose a change in the work procedures or propose another form of prevention.

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Employers can take preventive measures to avoid accidents by monitoring employees' vital signals and environmental risks surrounding them.

The smartwatch may send accident alerts around locations where there has been an increased level of accidents and injuries. This can help employees increase their alertness around these areas and thus help them avoid any future accidents.

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Employers may take measures to prevent further health problems by monitoring employee health and stress levels through the smartwatches. With present health problems, employers may adjust the workload according to the employee's health needs and provide additional health care.





Social distancing (COVID-19)



The use of smartwatches can help identify and limit the spread of various diseases and viruses that may occur at a workplace.

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They work as a social distancing solution by identifying all watches that may be too close for a critical amount of time. In the case of employee infection, management can easily identify all other employees who have been in close contact with the infected person.

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Furthermore, the smartwatches may also raise alerts every time two watches appear at a close distance for an undesirable amount of time.





For additional details
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