

Risk A/T[®] Work

"An ounce of prevention is worth a pound of cure." Benjamin Franklin 1736



We are pleased to introduce the next edition of **Risk A/T[®] Work**, a forum dedicated to sharing safety and loss control tips with our brokers and insureds.

Risk A/T[®] is our proprietary risk management approach which promotes informed risk analysis based on two behavioral factors — **Aptitude** and **Tolerance**.

ABOUT US

Sompo International Insurance works through a global distribution network of retail and wholesale brokers and MGUs to provide high-quality and responsive services to a broad range of clients from large multinationals to small businesses. We offer diverse specialty capabilities across a broad range of products and industry verticals.

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Managing Through Working From Home While Homeschooling

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With the sudden, and sometimes all-consuming changes brought about by COVID-19, most families are finding themselves in entirely new settings. Some families are now sharing communal space to work and do schoolwork, while others are scattered throughout the house. As a mom with one in high school and one in elementary school, this sudden home-schooling challenge has taken on a new meaning. My high schooler is much more self-sufficient but my fourth grader is an entirely different situation, requiring constant supervision. Obviously, this does not create a conducive work environment for me or for my husband. But we have found some ways to create a better learning and working environment for our family.

- **Establish work/school hours.** We have set working/learning hours for our family. Because school typically lets out earlier in the day, we are allowing our daughters to sleep later and start school later, enabling us to get our workday started uninterrupted and for us to all end around the same time each day.
- **Create a desk for each person.** Throughout social media, I have seen some very creative work from home desks from folding tables to an ironing board. For us, we have been able to create a desk for each person in separate rooms affording everyone quiet and personal space. Our fourth grader has two "desks", one with me and the other with my husband so we can share the supervision responsibilities.
- **Come together at mealtimes.** It is important to eat healthy meals away from our computers. We do so while we are at the office or school, so we should remember to do so at home. By coming together for lunch, we are able to disconnect from our respective work and have some facetime with real people.
- **Recess!** Elementary schools have recess to allow children to burn off some pent-up energy and get some fresh air. Maybe we should have them as adults as well. Taking 15 minutes and getting some fresh air helps clear our minds. It is also a great way to build some much-needed exercise into our confinement. Once the 15 minutes is up, we all come back a little more focused and can finish out our day stronger.
- **Ending the day.** Working from home can lead to longer workdays and it is easy to extend it just a little bit each day...it's okay to disconnect! Do not get caught in that trap. Family time is important for all and being away from the computer is important for your health.

Creating a working/learning schedule and environment has helped my entire family. Our children are observing our work ethics and hopefully, this will help further shape their study and overall life-skill habits down the road. And by remembering to keep a great work-life balance while working from home, your health and family life will thrive.