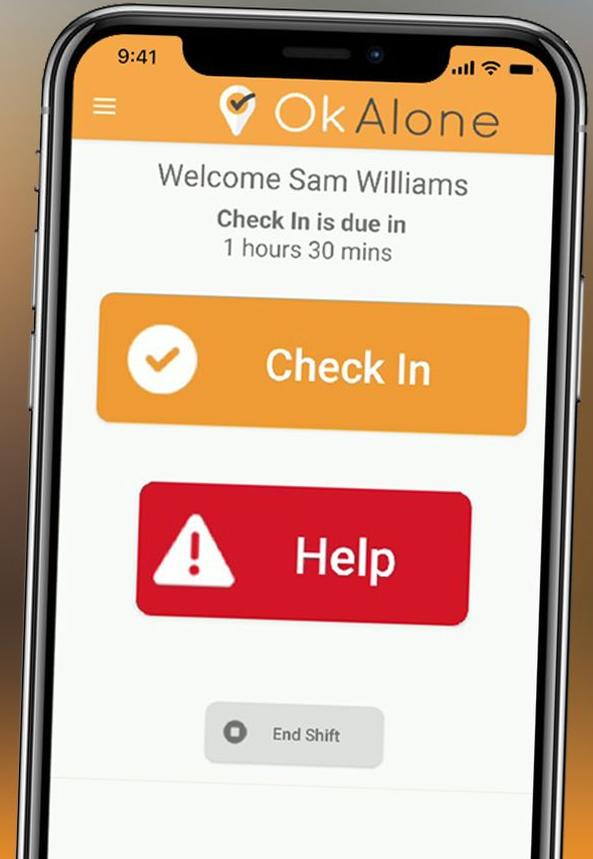




How Workers use Ok Alone



How does
the
app work
and
what is
expected of
me?



Monitors - who are they and what is their role?

Monitors are internal staff who receive Alerts to action:

- 1) If you miss your check in, your assigned Monitor(s) is alerted
- 2) If you use the Help feature, your assigned Monitor(s) is alerted

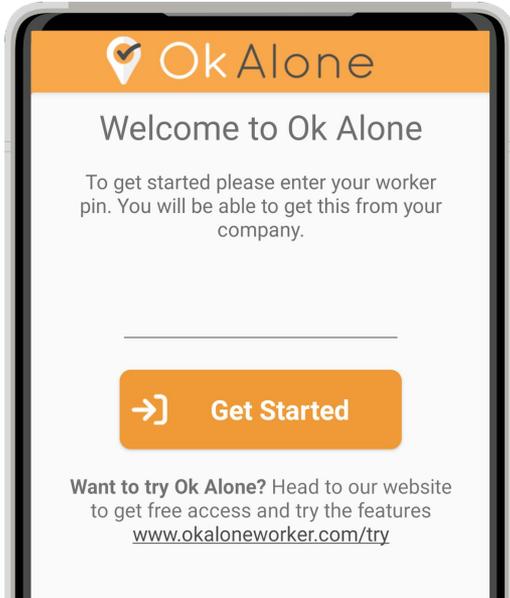
Monitors may be alerted in the following situations:

- 1) If you have been set up with Shift Start times and do not click 'Start Shift' on the App
- 2) If you have been set up with Shift End times and do not click 'End Shift' on the App

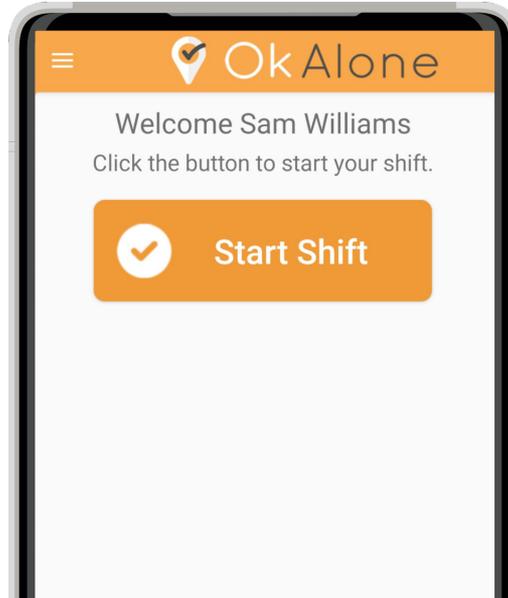
NOTE:

Your company may use our Live Monitoring Call Staff to contact you, in place of internal staff, such as your Supervisor

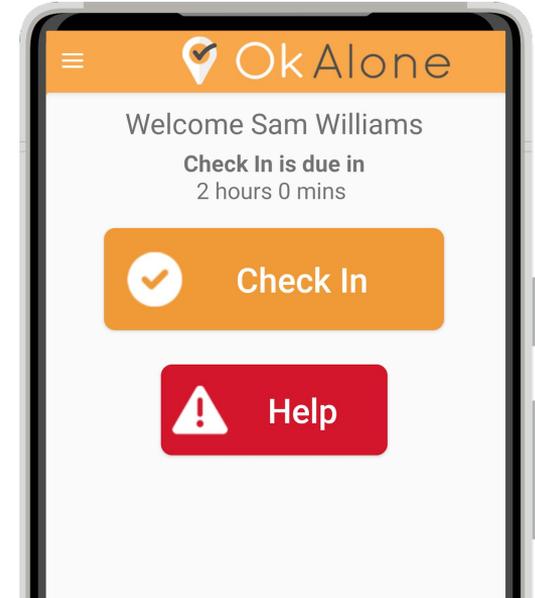
Download app
Log in
for the 1st time...



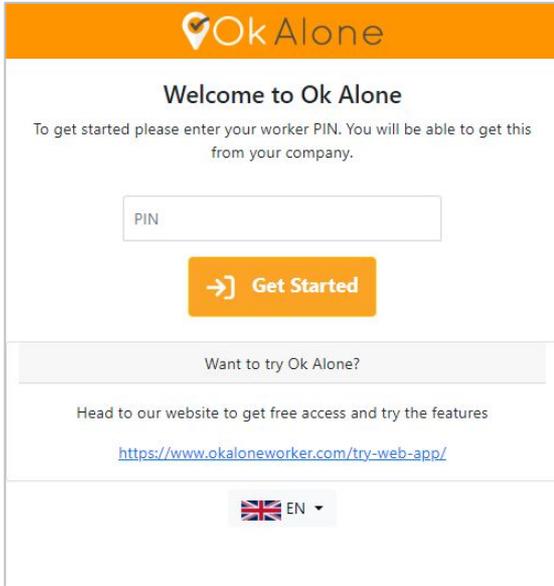
Click 'Start Shift'
at the beginning
of your workday...



App will sound alarm signaling
you to 'Check In'...
Click 'End Shift' at end of day



Web based app – <https://app.okalone.net/>



Ok Alone

Welcome to Ok Alone

To get started please enter your worker PIN. You will be able to get this from your company.

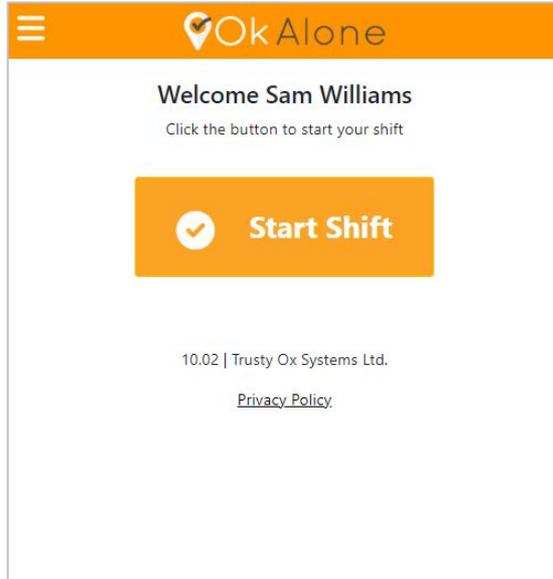
→ Get Started

Want to try Ok Alone?

Head to our website to get free access and try the features

<https://www.okaloneworker.com/try-web-app/>

 EN ▾



Ok Alone

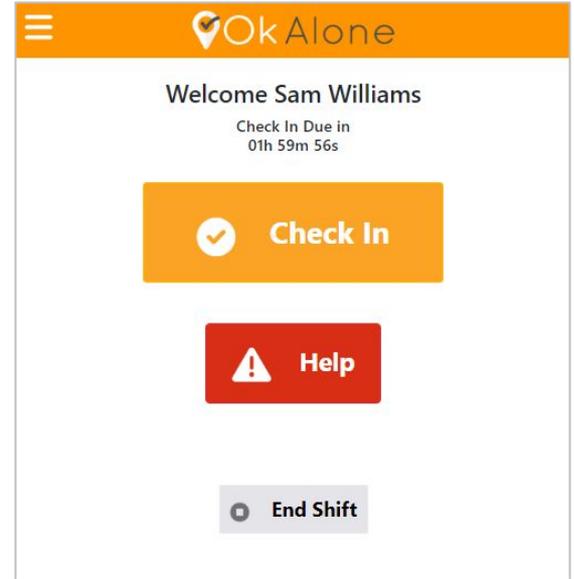
Welcome Sam Williams

Click the button to start your shift

✓ Start Shift

10.02 | Trusty Ox Systems Ltd.

[Privacy Policy](#)



Ok Alone

Welcome Sam Williams

Check In Due in
01h 59m 56s

✓ Check In

⚠ Help

○ End Shift

Older style phone - Landline phone - Satellite phone

Call in your status:

- Enter PIN, then # and press 1 to Check in
- Enter PIN, then # and press 2 to Start Shift
- Enter PIN, then # and press 3 to End Shift
- Enter PIN, then # and press 0 for help
- Enter PIN, then # and press 4 to cancel help

Text in your status:

- Enter PIN,start to Start Shift
- Enter PIN,ok to Check In
- Enter PIN,end to End Shift
- Enter PIN,help for help
- Enter PIN,ok to cancel help
- Enter PIN,ok,message (ie. starting mileage is 54,879) to add a message

If Ok Alone recognizes your phone number, the PIN may be skipped.

- Canada +1 604 256 5739
- the USA +1-650-402-3018
- the UK +44 1986 232027
- Australia +61 417 667 857
- New Zealand +64 9-887-8405

GPS
Phone
Permission
Settings

iPhone

Accept Permissions

Two popups will appear asking for your permission to send notifications and access your location. Please click 'Allow' and 'Allow While Using App' so we can keep you safe.

Android

Accept Permission

A popup will appear asking for permission for Ok Alone to access the device's location. Please press 'Allow'

GPS App Settings; battery saver

Ok Alone does not collect location information when you are not working. 

The four options are:

GPS High – this uses your phone's GPS to provide continuous location data every 10 seconds. It is the most accurate setting. The data is collected even when no cell signal is available.

GPS Normal – this uses your phone's GPS to provide continuous location data to the system every 1-2 minutes. With this setting the battery use is minimised whilst still providing an accurate location in case of emergency.

Non GPS – updates your location at regular intervals. This setting maximises battery life whilst providing an approximate location. This should only be used if an accurate location is not required.

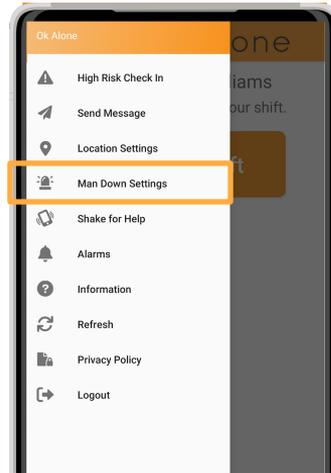
Off – this turns the GPS off.

App Features

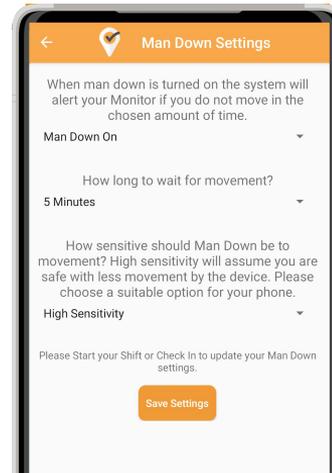
- ✓ Set a **High Risk** check in - quicker check in or set your own timer
- ✓ Set a **Man Down** check in
- ✓ Send a **Help Alert** to your Monitor(s) – app button, voice activated, discrete help
- ✓ Send a **Message** into system/Monitor(s) Set up your phone to send Ok Alone status through **Voice Activation**
- ✓ Set up smart phone **shortcuts** to update your status
- ✓ Choose **alarm** type
- ✓ Choose **GPS setting**

Man Down

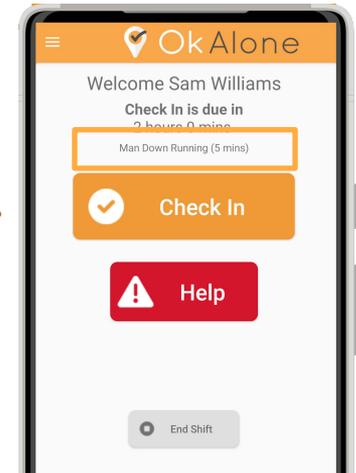
- Detects directional movement of your phone, within a set time frame
- If movement is not detected, app will sound an alarm, signaling you to check in
- If you do not check in, Monitor Alerts will be issued
- Set sensitivity levels
- Runs in the background



Select Man Down from the main menu



Turn Man Down on and choose the movement timer. Optional sensitivity can also be set.



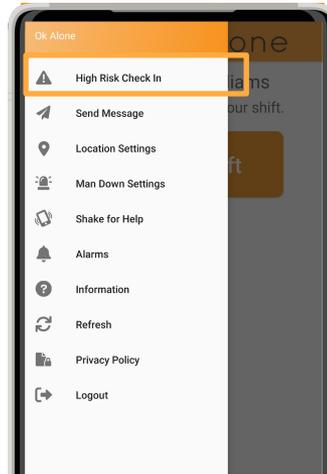
Man down will run even when the app is in the background

High Risk Check in

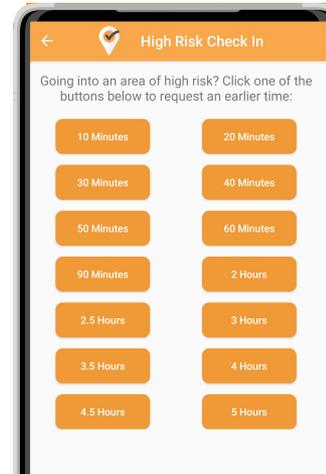
There are times when you may be going into or performing a...

- high risk situation
- high risk location
- high risk job duty

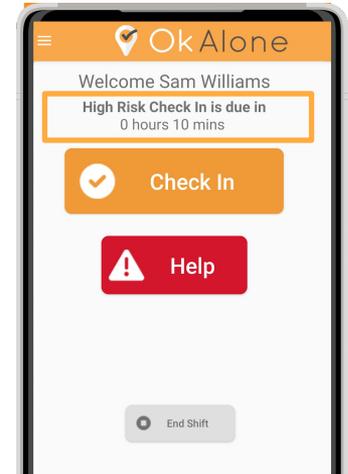
- The Ok Alone app gives you a choice for a shorter check in time
- Create a check in timer when there isn't a regular one
- If you do not check in, Monitor Alerts will be issued
- Once the High Risk check in is completed, the system resets to your regular check-in frequency time



Select High Risk Check In from the main menu



Choose a suitable time based on the situation you are entering



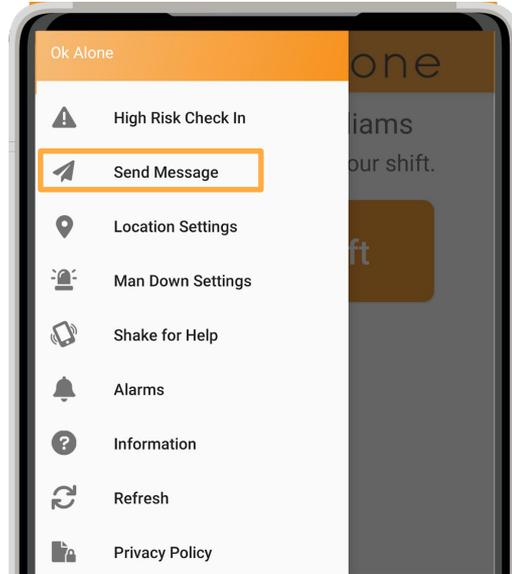
Timer will start, check in when you are ok or when the timer expires.

Send a Message

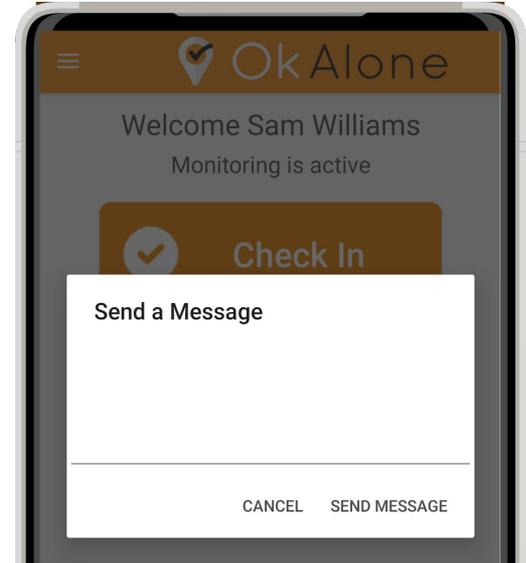
Provide your monitors with more information about a location or event, in case they receive an Alert.

Help them, help you!

- Change of route
- Change of schedule
- Your location prior to going out of network coverage
- Going into a Meeting, phone on silent



Select
Send Message from the
main menu



Enter your message. This will
help monitors if there
is an alert

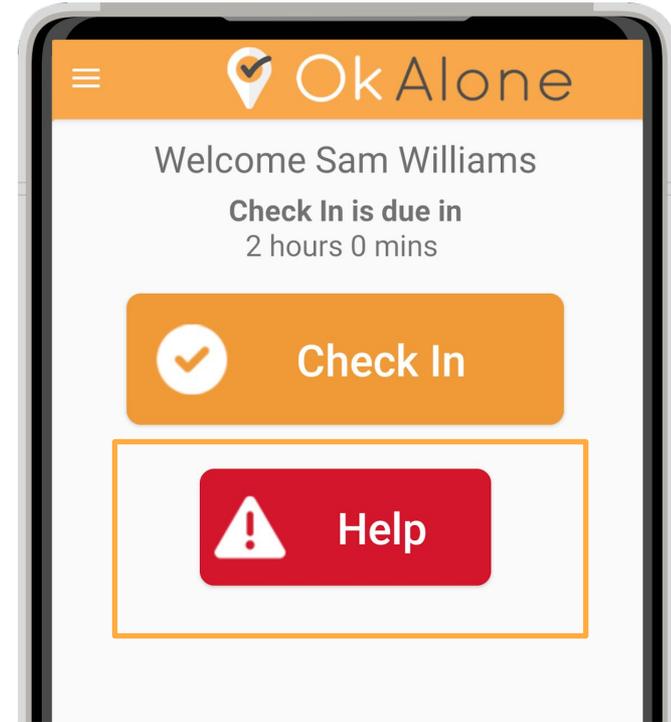
Help Alert

If you find yourself needing immediate assistance:

- Click the Help button
- App will ask if you are okay:
 - If yes, click 'Check In' or 'I'm Okay' button
 - If no response, your Monitor is immediately alerted

Discrete Help options are Available

- Android - Shake for Help - docs.okalone.net/shake-for-help/
- iPhone - Tap for Help - docs.okalone.net/discreet-lone-worker-alarm-iphone/



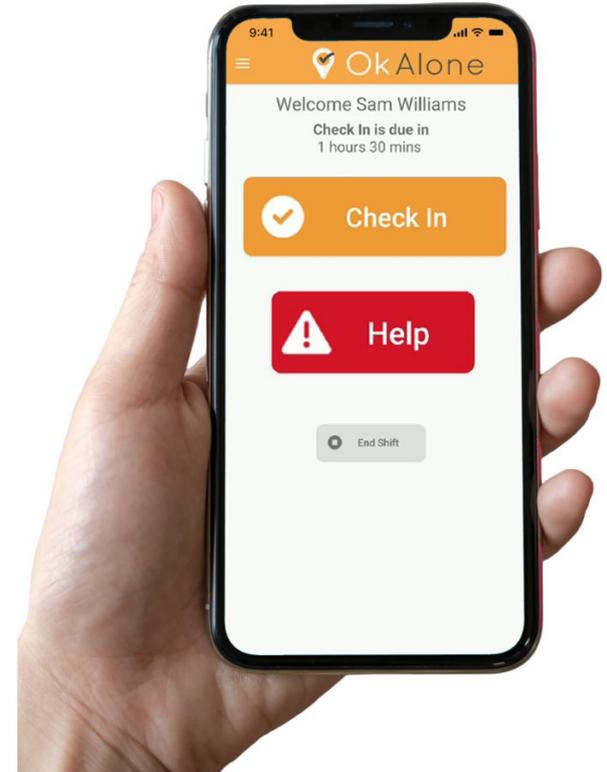
Hands Free

Update your status or call for Help using Ok Alone through Voice Activation

- Start Shift
- Check in
- Help
- End shift

Find out how to do this on our help and docs

- <https://docs.okalone.net/use-siri-to-check-in/>
- <https://docs.okalone.net/google-assistant/>

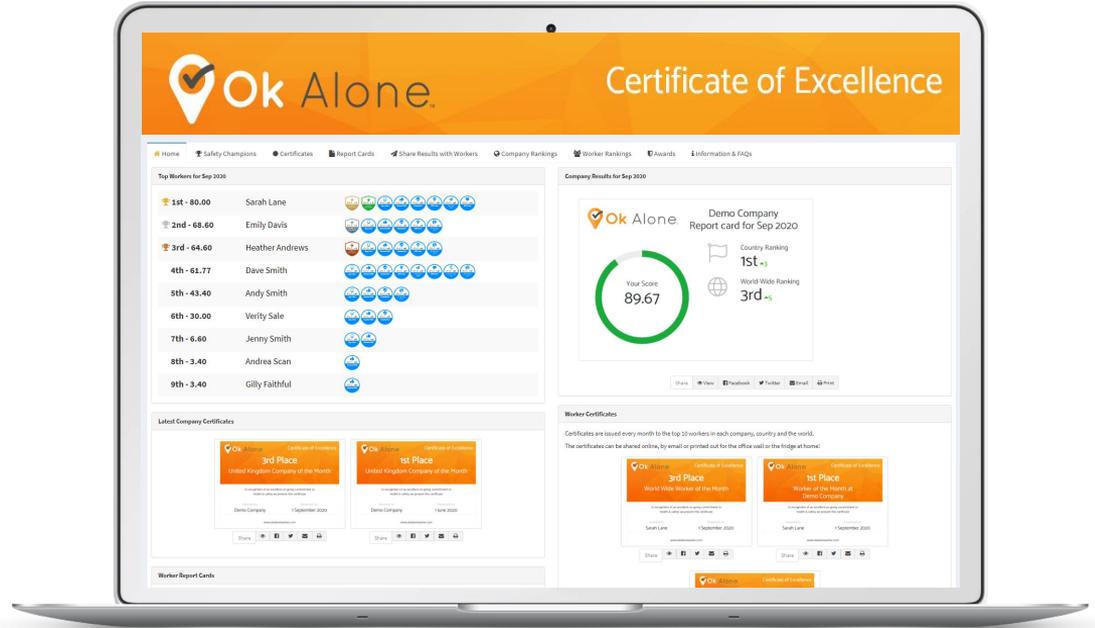


Our exclusive Safety Awards!

- Keeping you safe is important to us!
- Staying safe is very important to you and your company!
- But just because something is important, doesn't mean it can't be engaging and fun too!

- ✓ PDF Certificates
- ✓ Report Cards
- ✓ Group Awards
- ✓ Share with your team
- ✓ Share across Social Media platforms

Will you be the **#1 WORKER**
In your company, your country, or in the world?!



FAQ Section

- Why am I being monitored?
Governments have mandated Employers to provide duty of care for Employees who work alone, by monitoring their Health and Safety.
- What if I go out of cell phone coverage?
The App is intuitive and senses if you do not have service, then will ask that you Check-in by text or calling in.
- GPS monitoring?
GPS location monitoring **begins** when you start your shift and **completes** when you end your shift.