Check in Frequency

The check in frequency required for any shift, should always be set based on the tasks/activities of the worker. Workers should be categorised as either **low, medium or high risk**.

Low Risk: 3 hours   **Medium Risk:** 90 mins   **High Risk:** 30 mins

1) To set up a worker's check in frequency on the Ok Alone dashboard, go to the 'View Workers' page and click the pencil icon next to the specific workers profile.

2) In the 'Check In Setup' area click on the drop-down menu beneath 'Check in Frequency (mins)'.

3) Click on the number to select the time you require. The duration between Check-ins will now equal the time you have selected.

4) Click 'Update Setup' to save the settings.

Check In Setup

Check in Frequency (mins)

90 mins ▾

How often the user must check in to let the monitor know they are ok.