

## CASE STUDY

# BUILDING ON DIGITAL FOUNDATIONS TO ENHANCE THE CHANGING WORKPLACE



The Finnish Institute of Occupational Health (FIOH) is a specialist in wellbeing at work. It carries out research and provides services and training for private sector clients and public sector agencies.

Digital working is, inevitably, a key area of focus. FIOH is exploring many aspects of the digital workplace, from the mental wellbeing of home workers, to the interrupted working day to excessive screen time.

"We can't just research the digital workplace," says Mikko Mäkipää, Director of ICT, FIOH, "we need to live it."

### SEAMLESS CONNECTIVITY

FIOH has six offices across Finland, with 550 employees. As part of a refurbishment of the Helsinki headquarters, it wanted to upgrade its wireless network across the entire organisation. "Super-fast performance, everywhere," in Mäkipää's words. "And easy to tune once installed."

For FIOH, the objective is to enable complete mobility for staff wherever they work. The wireless network must allow VoIP calls from anywhere in the building (including the elevators), staff should be able to walk between floors, and between meetings, with no interruption to their digital applications. For remote workers, FIOH wanted the same performance, and same applications, as the head office.



"The old network was not working for us," says Mäkipää. "We wanted to future-proof the organisation, with reliable high-performance throughput for users with multiple devices."

### REQUIREMENTS

- Ensure seamless mobility throughout all office environments
- Provide flexible mobility to explore benefits to worker healthcare
- Simplify secure network access for three profiles of users: visitors, staff and clients
- Ensure network security and GDPR compliance

### SOLUTIONS

- 802.11ac Aruba wireless indoor APs
- Aruba 7210 Mobility Controllers
- Aruba 2930M Smart Rate multi-gigabit switches
- ClearPass Policy Management for Guest and NAC [Wired & Wireless]
- AirWave Network Management

### OUTCOMES

- Full workplace mobility for users
- Supports a range of mobile productivity applications, including video calls
- High-performance wireless coverage throughout the five-storey headquarters
- Role-based NAC ensures security and consistent experience for staff, clients and visitors
- A robust platform on which to explore IoT

“It's the remote offices where the difference has been noted. Users tell us the difference in network performance is marked. We're proving that you don't need to be tied to a desk to be productive.”

**MIKKO MÄKIPÄÄ**  
DIRECTOR OF ICT, FINNISH INSTITUTE OF  
OCCUPATIONAL HEALTH

### A mobile-first architecture

Having investigated solution options, Mäkipää says the Aruba Mobile First Architecture proved a clear winner. "We'd never worked with Aruba previously, but it was obvious that their solution addressed our concerns and answered our needs around security, management and performance."

The Aruba architecture consists of over 600 802.11ac Wave 2 AP-335 Access Points, two Aruba 7210 Mobility Controllers, 100 Aruba 2930M Smart Rate multi-gigabit switches, AirWave Network Management for WLAN and LAN, and ClearPass Policy Manager. There are access points even in the elevators.

The installation was phased in over 12 months.



### ENABLING WORKPLACE MOBILITY

The Aruba Mobile First Architecture delivers complete workplace mobility and a streamlined experience for FIOH employees. All the staff were issued with new, higher-spec laptops and smartphones. Together with access to Microsoft® Office 365 and Skype for Business, they can roam around the office, including the elevators, with no drop in connectivity.

"The Helsinki office has been operational for months with Aruba, and it's ran without a problem," says Mäkipää. "It's the remote offices where the difference has been noted. Users tell us the difference in network performance is marked."

The project, he continues, will deliver long-term ROI through more effective working. It is being watched closely by public sector organisations in Finland.

"We're proving that you don't need to be tied to a desk to be productive," Mäkipää adds.

### Simplified, secure network access

The solution also delivers network management and provisioning flexibility. FIOH works with a number of public sector organisations and private sector clients, as well as

delivering training on site. The Aruba ClearPass Policy Manager simplifies the task of managing different accesses for different user groups and profiles.

The FIOH workplace is a busy, collaborative, constantly changing place, Mäkipää says. ClearPass enables his team to manage and automate guest access, and also maintain data security: "Our research work means we're working with sensitive personal data. We now have the right controls and policies in place on who can access or share that data."

### A dynamic network to respond to changing traffic

In an increasingly complex world, Mäkipää says the Aruba solution proves to be easy to operate. "Aruba AirWave means we have full visibility over the network. It's also dynamic and intelligently adaptable. We can track spikes in network usage – say, busy meeting rooms, or periods of the day, and the network self-tunes performance."

With a limited amount of IT resources, he says simplicity and automation really help: "It's important the network adapts to changes in traffic. With Aruba, we're managing the network dynamically over its lifecycle, not just at the implementation stage."

FIOH now has a network on which to develop new workplace innovations, says Mäkipää. IoT is in the pipeline, from an operational and research perspective.

"IoT will have a major impact on the workplace. It's important we use and research this area," he says. "The Aruba architecture makes it easier to securely add and manage IoT functionality. It allows for a much more service-led approach to the network."

