

# Healthy Working: Award-winning DSE Software



Healthy Working

Developed in  
partnership  
with



Welcome to Healthy Working, the world's leading DSE solution developed through a unique partnership between Cardinus Risk Management and the Health & Safety Laboratory (an agency of the Health and Safety Executive).

Healthy Working is an award-winning e-learning and self-assessment solution. It will help you reduce administration, while improving productivity and reducing injury-related discomfort. The partnership between Cardinus and the Health & Safety Laboratory has resulted in many features unique to Healthy Working, designed to truly revolutionise the way you achieve DSE compliance.

For almost 20 years DSE solutions from Cardinus have been selected as the systems of choice by many of the world's leading organisations. We support an impressive number of global systems, many FTSE 250 and Fortune 100 businesses.

How does Healthy Working help me?

Healthy Working uses a three-step process to reduce your DSE risk.

Step 1. Ergonomics e-learning and self-assessment

Each of your employees will receive e-learning that targets their individual needs. Experts at the Health & Safety Laboratory have worked to provide content that encourages measurable behaviour change. An integrated self-assessment allows for further dedicated feedback. Most of your risk will be resolved at this stage.

Step 2. Communication and nudges

Healthy Working provides video-based stretching exercises, smart phone applications, hot-desking advice and real-time feedback and support ensuring your DSE programme is proactive and encourages your employees to participate and take ownership of their comfort.

Step 3. PACE

You and your DSE team can use the powerful Cardinus management module, PACE, to resolve the small amount of outstanding risk

that cannot be managed by the employee directly. This ensures intervention is targeted, appropriate and results-driven.

A personalised DSE experience for all

Healthy Working delivers e-learning that is tailored to the needs of each individual employee through a number of variants.

Variants include:

- Desktop computer user only.
- Laptop computer user only.
- Combined desktop and laptop user.
- Tablet user only.
- Laboratory ergonomics.
- Student/young person.
- DSE Assessor.

Where needed, each variant addresses further user requirements by including content for expectant and new mothers, dual monitor users, multiple monitor users, smart phone use and more.

Powerful management resources

PACE, the management module unique to Cardinus, takes the hassle out of managing your DSE programme. PACE provides clients with a secure database and powerful workflow and task management tools to ensure all DSE activity is managed in the most efficient manner.

Reporting can be structured to provide everything from executive level summaries through to the granular detail required by managers. Multi-level users are provided with secure password access and can review detailed data according to access level.

The main benefit of this approach is that all relevant information is held in one place, providing full reporting history for your health and safety duty of care and ensuring DSE actions are tracked.

PACE underpins all of our DSE solutions and is often the reason why our customers buy our products. PACE provides all of the evidence needed to demonstrate diligence and compliance.

Global capabilities

Cardinus and the Health & Safety Laboratory understand the challenges of running a global ergonomics programme. We know that regulation, insurance and cultural differences need to be properly addressed.

Healthy Working easily addresses these and is currently being used by many global businesses (some with hundreds of thousands of active Healthy Working users). Healthy Working is available in a number of languages and localisations.

Customisation

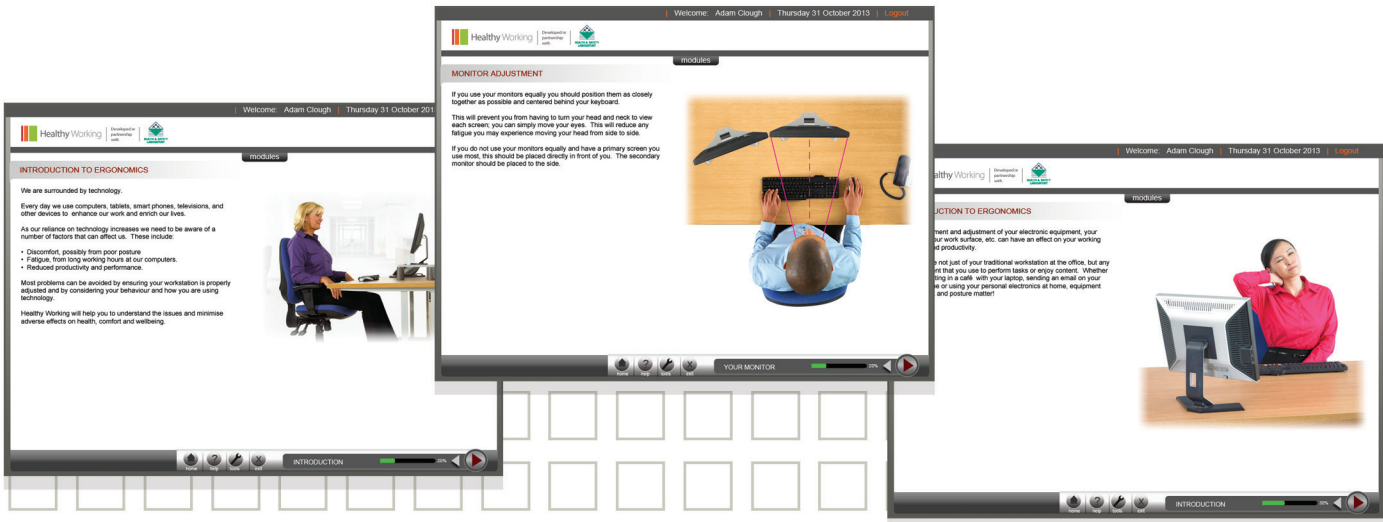
Healthy Working is fully customisable and can be easily adapted to meet your branding requirements. As your organisation evolves we want to ensure your DSE programme evolves too. Our team of experts will work with you to ensure Healthy Working is customised to meet your needs.

Data security

Our clients demand the highest data security standards possible. Cardinus holds ISO27001 registration and complies fully with international data protection laws including the Data Protection Act and Safe Harbor.

Healthy Working can be delivered via our hosted solution or internally via your intranet.

Call Cardinus today on 020 7469 0200 to arrange a free trial



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"Workstation Safety Plus has helped us achieve 100% training and self-assessment compliance."

**Mark Dabell, Homes and Communities Agency**

"In just six months we have moved from 30% to 80% compliance."

**Andy Basham, CLCH NHS Trust**

"Workstation Safety Plus has helped us reduce injuries by 50% and see a reduction in injury costs of 75%."

**Nathan Williams, Parsons Corporation**

"In one year, Workstation Safety Plus has helped us to achieve up to 90% compliance. Medium and high risk employees have reduced from 70% to 25%."

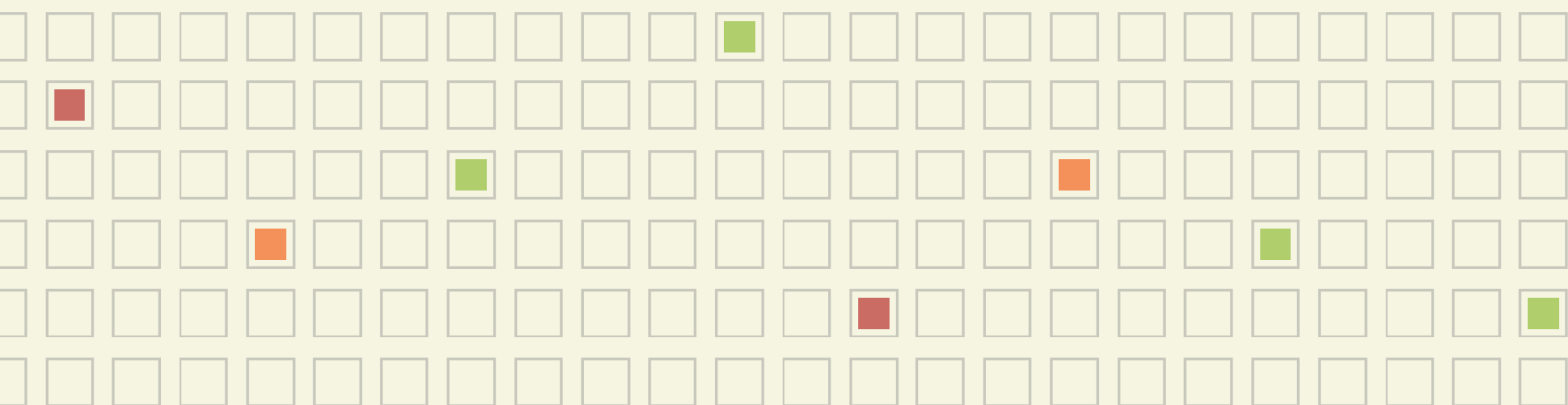
**Allan Levassort, Jefferies International Ltd**

"In over 15 years involved with occupational health and safety software Cardinus has without doubt been the best supplier I have encountered."

**Andrew Ammerlaan, Talk Talk**

"I enjoy working with Cardinus. I am always made to feel that any contact I have with the company is personal, as though I am your only customer."

**Debbie Leslie, Sussex Downs**



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Outstanding



Endorsed

