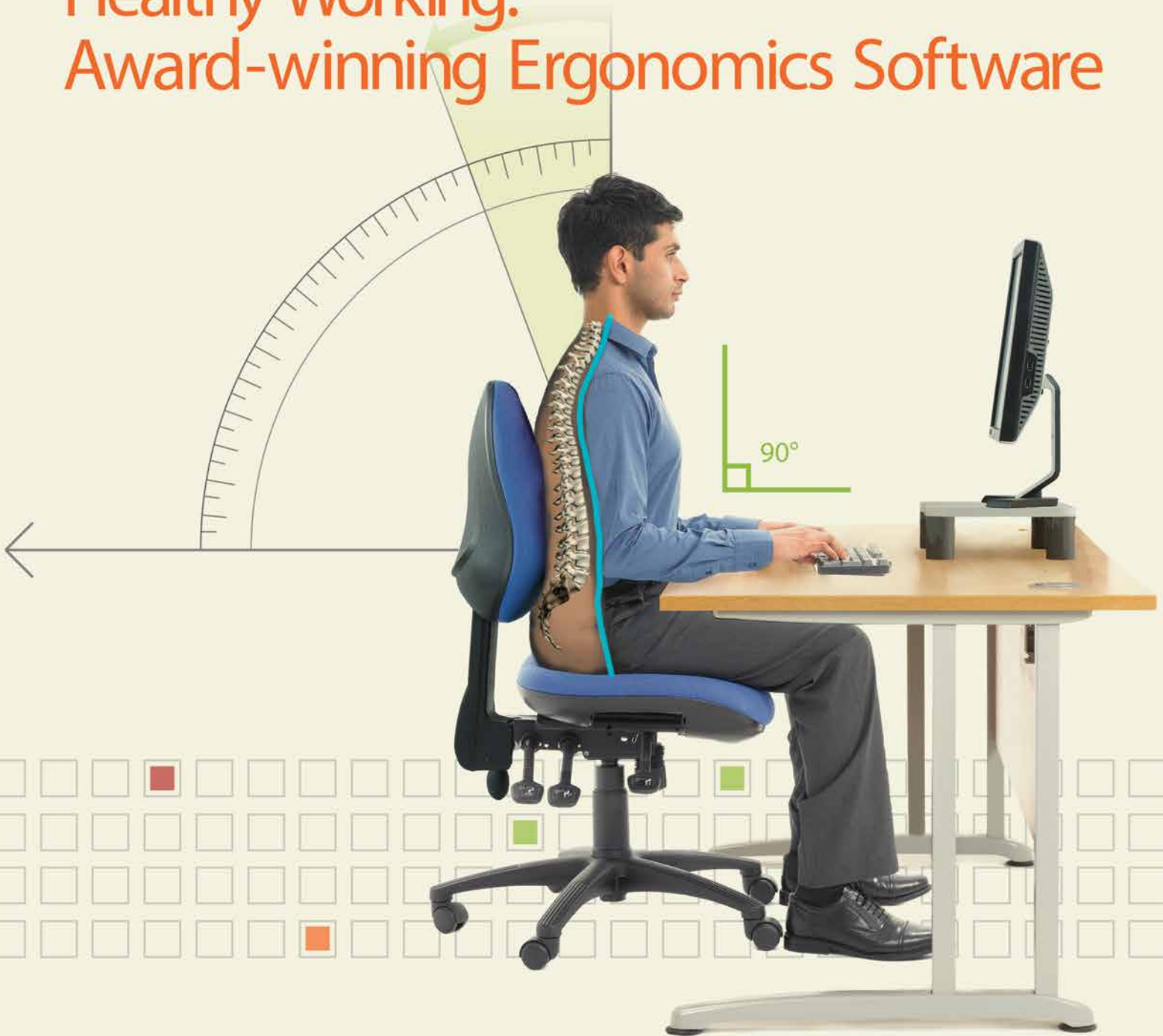


# Healthy Working: Award-winning Ergonomics Software



# HEALTHY WORKING – AWARD-WINNING ERGONOMICS SOFTWARE

Welcome to Healthy Working, the world's leading office ergonomics e-learning and self-assessment solution developed by Cardinus Risk Management.

Healthy Working will help you reduce the administration of your ergonomics program, while improving productivity and reducing injury-related discomfort. The partnership between Cardinus and our international partners has resulted in many features unique to Healthy Working, designed to truly revolutionize the way you achieve results with ergonomics.

For almost 20 years solutions from Cardinus have been selected as the systems of choice by many of the world's leading organizations. We support an impressive number of global systems, including many Fortune 500 businesses.

## How does Healthy Working help me?

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

### Step 1. Ergonomics e-learning and self-assessment

Each of your employees will receive e-learning content that targets their individual needs. Cardinus has worked to provide content that encourages measurable behavior change. An integrated self-assessment allows for further dedicated feedback. Up to 60% of your risk will be resolved at this stage.

### Step 2. Communication and nudges

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

### Step 3. PACE

You and your ergonomics 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 personalized 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 content for the following users:

- Desktop PC
- Laptop
- Desktop and laptop user
- Tablet
- Laboratory ergonomics
- Student/young person
- Ergonomics advocates

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





## Healthy Working MOVE

An innovative new program of FREE resources to protect school children and students from injuries caused by the unhealthy use of technology and the effects of poor posture.

As new technology continues to offer us lots of amazing devices that do incredible things, our understanding of what their long-term use can do to our bodies has failed to keep pace.

Children use computers, tablets and smartphones in ways that would not be acceptable for adults in the workplace. These activities pose

serious threats to their long-term health particularly as children's bodies are still developing.

Healthy Working MOVE, developed by Cardinus, consists of free e-learning for students of all ages and an accompanying eBook for parents and teachers with advice on how to protect children in the classroom and at home.

■ Visit [ergo4students.com](http://ergo4students.com) for FREE access to Healthy Working MOVE e-learning for children and students, or call 323-327-9016.



# Visit [ergo4students.com](http://ergo4students.com) today

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