





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
- Ergomonics 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.





Powerful management resources

PACE, the management module unique to Cardinus, takes the hassle out of managing your program. PACE provides clients with a secure database, powerful workflow engine, and task management tools to ensure all 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 ergonomic actions are tracked.

PACE underpins all of our 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 understand the challenges of running a global ergonomics program. We know that regulations, 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.

Customization

Healthy Working is fully customizable and can be easily adapted to meet your branding requirements. As your organization evolves we want to ensure your program evolves too. Our team of experts will work with you to ensure Healthy Working is customized 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 323-337-9016 to arrange a free trial



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** for FREE access to Healthy Working MOVE e-learning for children and students, or call **323-327-9016**.



Visit **ergo4students.com** today

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