



Healthy Working<sup>®</sup>  
Wherever  
they work,  
whatever  
they do.



DSE software for all working environments.  
The solution of choice for more than  
2000 organisations across the world.

# WELCOME TO HEALTHY WORKING

Healthy Working is the world's most widely used online DSE solution.

For more than 26 years, Cardinus Risk Management has been helping organisations of all sizes to minimise their DSE compliance risk and maintain a healthy workforce.

Our award winning Healthy Working program is delivered in partnership with the Health and Safety Executive and provides a results-driven DSE solution. It's proven to reduce DSE risks, improve colleague productivity and reduce administrative costs.

## Modern software for a modern workforce

Healthy Working can provide you with a flexible DSE solution, which supports hybrid working. It ensures each person receives the support they need.

## Tailored content for your team

Healthy Working provides customised content for every individual, creating a unique experience. The content of the Healthy Working program changes if an individual:

- Is an office or home worker and;
  - has their own work station or is hot desking in a shared office
  - works with or without an office-style desk and chair setup
- Uses a desktop, laptop or hand-held device
- Uses multiple screens
- Is Pregnant
- Works in a unique environment such as a control room, laboratory or retail outlet.

## We're here to help

If you have a DSE team, Healthy Working can be managed by you. If not, we offer a fully managed service, which includes program management and virtual/onsite assessments by qualified practitioners.

## Award winning software



# A THREE-STEP PROCESS



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

## Step 1. E-learning and self-assessment

Whether your people work in an office, at home or adopt hybrid working practices, they will benefit from fully customisable e-learning, which targets their individual needs.

Experts at the Health & Safety Executive have developed engaging content, which delivers measurable behaviour change. This includes an integrated self-assessment, which can provide further dedicated feedback.

**Most DSE risks are resolved in step one.**

## Step 2. Communication and nudges

Healthy Working provides stretching exercises, smart phone applications, hot desking advice with real-time feedback and support. This ensures the DSE program is truly proactive.

Advice on more sensitive subjects such as ergonomics, ageing and the menopause can be accessed anonymously.

## Step 3. PACE

Your DSE team can use our powerful management module, PACE, to resolve any outstanding risks that cannot be managed by the employee. This ensures intervention is targeted, appropriate and results-driven.



# KEY FEATURES

Our unique management module (PACE) makes it easier to manage DSE programs.

## Powerful management resources

PACE provides a secure database with workflow and task management tools, to ensure all DSE activity is managed efficiently.

## Reporting

The PACE reporting function provides everything from executive level summaries to detailed management reports. Information is held in one place and includes the full reporting history and actions tracker for health and safety duty of care.

## Compliance

PACE underpins all of our DSE solutions. It's often the reason why organisations choose our products as it provides all of the evidence needed to demonstrate diligence and compliance.

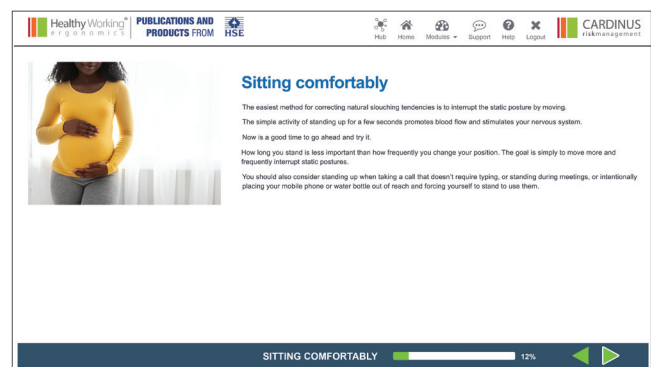
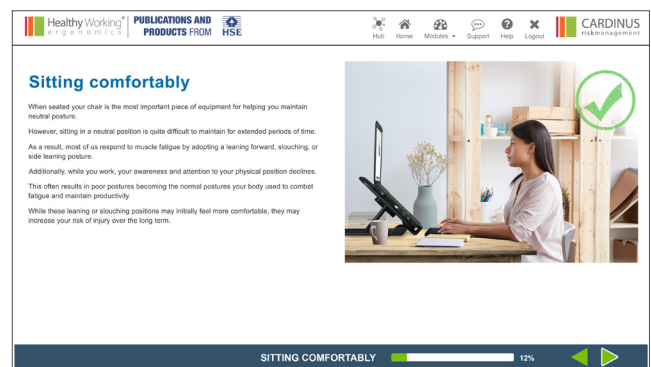
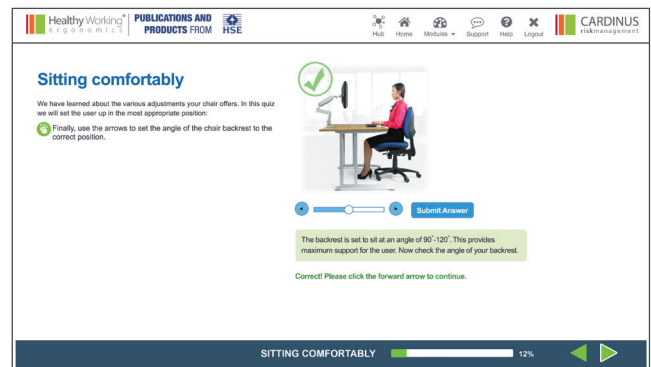
## Global capabilities

We work closely with the Health & Safety Executive to understand the challenges of running a global ergonomics program. Healthy Working has been designed to address global challenges such as regulation, insurance, location, languages and other cultural differences.

We have many global customers with hundreds of thousands of people actively using Healthy Working in different locations across the world.

## Customisation

Healthy Working is fully customisable and can be easily adapted to meet your branding requirements and preferences.



# Contact us today

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