

Work related pain costs the UK more than £5.7 billion every year

*'The team behind ErgoPro helped me to bespoke the system to fit this particular environment and the feedback it gives to both the user and myself regarding each individual assessment is I believe superior to other systems in the market place'.*

**ErgoPro Media Customer**

*'I have used the system for about twenty months and it has proved a revelation the system has allowed me to control the risk of WRULD within a higher risk office environment'.*

**ErgoPro Corporate Customer**

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**Document Positioning**  
If you use documents regularly while you work you should think about the following aspects:

**How do you tend to use hard copy?**

- Do you read off hard copy a lot, eg reviewing printed reports or research?
- Do you annotate/make handwritten notes on hard copy?
- Do you cross reference hard copy whilst simultaneously using your display screen equipment?
- Do you work with the same documents for long periods or do you constantly flick between different documents?
- Do you copy type?

**What is the nature of your document use?**

- Do you work with hard copy intensively in long stretches?
- Do you use hard copy intermittently for short periods but regularly throughout the day?
- Do you use hard copy seldom for short periods?



Once you have thought about the way you use hard copy you will be able to decide about where to position it. The aim is to position your documents so that their use does not lead to awkward postures and minimises neck movement.

Placing hard copy flat on a desk leads to neck bending whilst reading and writing. This is reduced if you tilt the document up toward you.



DSE workstation  
home working  
wellbeing



# Over 4 million work days are lost to back pain annually

## ErgoPro Modules

- Display Screen Equipment
- Home Working
- Wellbeing (stress risk assessment)

# Over 4.5 million work days a year are lost to repetitive strain injuries



ErgoPro is an online training and risk assessment system for display screen equipment (DSE) risk management.

ErgoPro automates many of the DSE assessment compliance tasks:

- Training and assessment requests by email
- Automated reminders to ensure a high level of staff compliance
- Automatic 'solutions' documents sent to staff if their assessment indicates they need further training
- Administrators are alerted if a face to face follow-up is required.
- Full audit trail
- Management reports at the click of a mouse

ErgoPro dramatically reduces the amount of administration involved with a risk assessment and compliance.

## Other Features

- ErgoPro can be updated to suit your own working environment and equipment, such as graphic artists, edit suites and trader desks
- The content and training documents can be tailored to match your company approach, look and feel.

## Prices

ErgoPro is priced on a per use basis and one licence is used when an assessment is carried out. There are no installation, setup or other up-front costs.

Please also ask about our Driver Risk Assessment software.

## Features

- DSE Training
- DSE Risk Assessment
- Bulk assessment request
- Automatic follow-up reminder
- Assessment Audit Trail
- Training Library/Extranet
- Automated Solutions to common issues
- Automatic Alerts for high risk assessment results
- Reporting Suite with stats, priority lists and trends
- Bespoke Questions and Solutions for edit suites, graphics artists and special requirements
- Branded to customer look and feel
- Web based with no set up costs

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