



Personal efficiency software

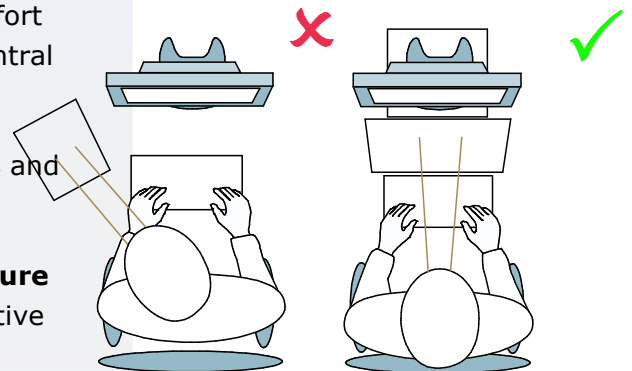
CtrlWORK helps VDU workers to perform computer tasks faster, better and with less effort. CtrlWORK prevents both physical and mental fatigue, thereby improving health and demonstrably improving the performance of VDU workers.

CtrlWORK encourages VDU workers:

- CtrlWORK teaches VDU workers **shortcut keys** that save time and reduce (unhealthy) mouse use. Shortcut keys are up to 50% more efficient...
- CtrlWORK makes use of **time management principles** for an optimal work-rest ratio. Effective interventions, including **time management tips**, provide a scientifically proven positive impact on the health and performance of the VDU worker...
- CtrlWORK offers VDU workers **e-mail management tips** to deal effectively with email, preventing loss of time, money and energy. A VDU worker spends an average of 30-35% of his time writing and managing e-mail: there is much to be gained ...
- CtrlWORK offers **"power" exercises** for **active recovery** and **mental refreshment**. Short bursts of power effort provide improved blood circulation, stimulate the central nervous system and lead to more relaxation ...
- CtrlWORK raises VDU workers' **lifestyle awareness** and gives tips for a good 'work-life balance'...
- CtrlWORK informs VDU workers about **healthy posture** and a **healthy workplace**. This contributes to effective and comfortable computer work...
- CtrlWORK contributes to **awareness** through **personal feedback** as the basis for **behavioural change**...

Did you know?

Mental fatigue has a far greater effect on the performance and health of computer workers than physical fatigue?



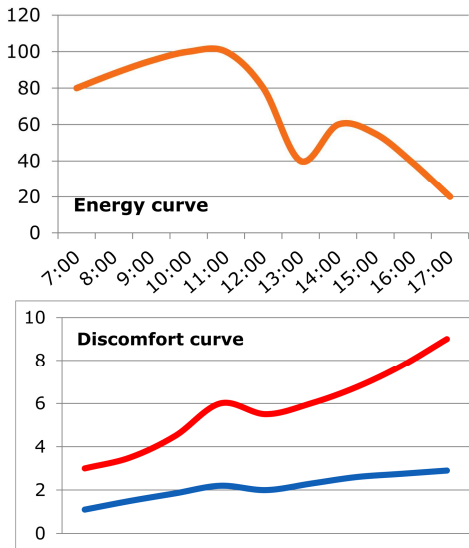
Osmond
Ergonomics



Science translated

Accomplish more in the same time with less effort and more comfort.

CtrlWORK is a proven tool for efficient and healthy VDU work; latest scientific findings are the basis for Ctrl WORK. As well as scientific research, practical experiences of users in hundreds of organisations, large and small, are included in CtrlWORK.

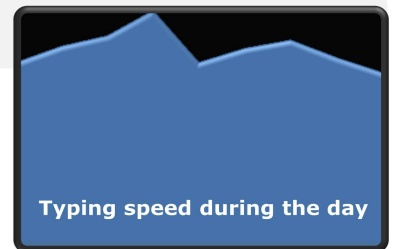


The relationship between health and performance

After a good night's sleep, the VDU worker starts a new work day energised. Does this sound familiar? - most productive in the morning, a small dip around lunchtime, then a short boost before a steady decrease through the afternoon. Also, the feeling of discomfort increases through the day. Can we escape from it?

More interventions in the afternoon...

Scientific research shows that we can retain our performance in the afternoon as well by incorporating further interventions. Excessive interventions in the morning, however, do nothing significant to improve our performance ...



More than a million users:

That is how many VDU users we tracked and gained feedback from to develop CtrlWORK. Supplemented by 10 years' experience in the field of healthy and efficient computer work makes **CtrlWORK** unique...

Positive effect from interventions...

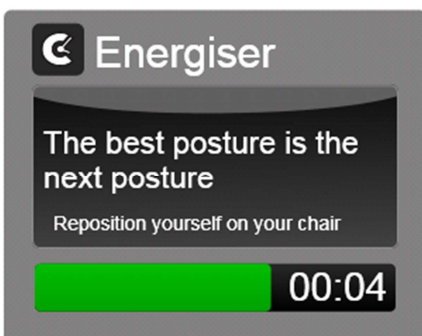
Scientific research¹ shows the positive effect of interventions during VDU work. Typing errors reduce (2.4%), the number of keystrokes increases (11.3%) and comfort improves. Constructive disruption improves performance!

The power of efficient interventions...

In CtrlWORK the strength of the intervention is further boosted by the way of presenting the unique content.

CtrlWORK encourages VDU workers by raising awareness and offering training about performance-enhancing tasks with the computer.

CtrlWORK covers many areas including time management, shortcut keys, e-mail management, workplace, posture and lifestyle. CtrlWORK offers organisations freedom to extend this portfolio.





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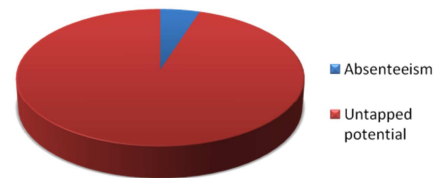
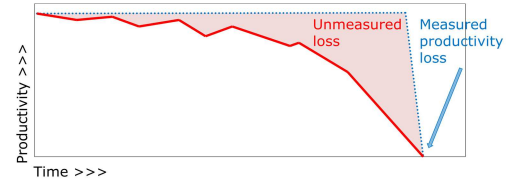
CtrlWORK is a proven tool for efficient and healthy VDU work; latest scientific findings are the basis for Ctrl WORK. As well as scientific research, practical experiences of users in hundreds of organisations, large and small, are included in CtrlWORK.

The new thinking: untapped potential ...

After years of focusing on reducing absenteeism and individual complaints, the financial crisis requires a clear shift towards thinking about the performance of the whole human capital. The effectiveness and efficiency of tasks is key. That this focus, supported by science, contributes to corporate health confirms that performance thinking is good for both employee and organisation.

Your target group: 95% of your employees...

With CtrlWORK there is something to gain for every employee; better time management, e-mail management, mouse use. For example, shortcut keys enable the employee to save time and control work pressure.



The road to efficiency: behavioural change...

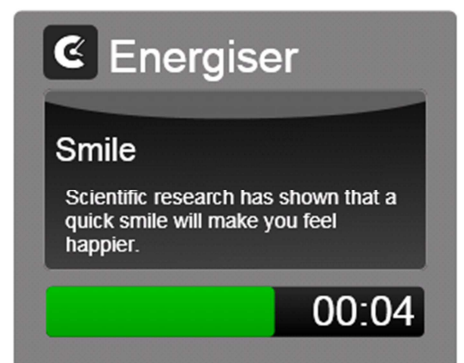
For VDU workers to carry out their tasks with the computer in a more efficient and healthier way behavioural change is needed. VDU workers will grow to understand their working patterns and become challenged, informed and aware of how to change their inefficient and potentially unhealthy behaviour.

Awareness: encouragement not coercion...

User control is important. By avoiding obligatory or mandatory interventions at awkward times (such when meeting deadlines or at the start of the day), willing acceptance can be achieved. CtrlWORK makes VDU workers aware by generating impulse rather than coercion. Awareness is the key to changing behaviour...

What EU legislation and experts say?

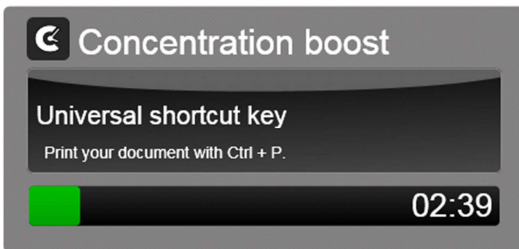
EU legislation prescribes regular breaks during VDU work. Experts recommend at least 10 minutes of non-computer activities for every two hours at a computer. **CtrlWORK** implements this automatically and fulfils your duty of care.





Awareness leads to behavioural change

CtrlWORK helps VDU workers to perform computer tasks faster, better and with less effort. CtrlWORK prevents both physical and mental fatigue, thereby improving health and demonstrably improving the performance of VDU workers.



The New Working

'Any time-any place' work is gaining momentum. Organisations struggle with distance coaching.

CtrlWORK is this coach...

CtrlWORK encourages VDU workers:

A VDU worker must continue his work as long as possible with minimal interruptions, enabling him to maintain the "flow". An intervention should be effective;

Energiser: maintain attention, change focus briefly, and stimulate blood circulation and Central Nervous System (CNS).

Concentration boost: interrupt attention, time management, shortcut keys, health, reflection, stimulate blood circulation and CNS.

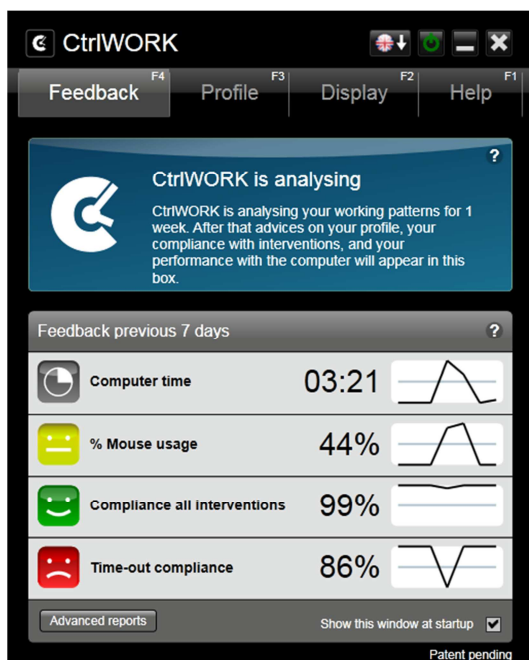
Timeout: interrupt attention, run non-computer related activities.

CtrlWORK actively contributes to behavioural change with feedback of work patterns. Herewith CtrlWORK challenges VDU workers to work (more) healthily and more efficiently with the computer. For example a VDU worker can reduce his mouse use significantly with shortcut keys enabling him to improve his performance as well his health ...

Optimal and efficient interventions

CtrlWORK advises on the basis of actual measured work patterns. These objective measurements are the basis on which CtrlWORK continuously generates personal tailored feedback. For example, if computer use reduces during a work week, CtrlWORK will display advice to the individual to change his profile since less frequent interventions will be necessary. This prevents irritation.

CtrlWORK is awareness software that leads to behavioural change resulting in increased (personal) efficiency ...



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