



**balanced ergonomics**  
"Ergonomic Consultants for the Modern Workplace"



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## WorkPace Free License offer to CSMF members

Balanced Ergonomics is pleased to offer each member organisation of the CSMF **10 Complementary Licence's** of the **Workpace** rest and stretch break software.

Please contact us to redeem this offer and to request an onsite demonstration. Current WorkPace users may incorporate the 10 Licenses into their existing agreements.

### About Balanced Ergonomics

Balanced Ergonomics specialises in reducing the incidence of Occupational Overuse Syndrome. Our OOS reduction strategies have been proven to show significant reductions in injury frequency rate and severity.

### About WorkPace

WorkPace is the worlds leading break and exercise software solution proven to help prevent, and aid recovery from OOS Occupational Overuse Syndrome (also some times referred to as RSI, ULD and Carpal Tunnel Syndrome). More information about WorkPace may be found at <http://www.workpace.com/:bergo> .

WorkPace forms part of the Wellnomics Risk Management System designed to analyse all the risk factors associated with OOS in computer users see [www.wellnomics.com](http://www.wellnomics.com) for more details.

The software provides an integrated health and safety solution for computer users, with break, stretch and exercise reminders, monitoring of discomfort levels, and statistics on computer use.

Unlike other programs WorkPace is activity based and takes into account natural rests so it is far less intrusive, only giving breaks when actually needed. WorkPace also provides sophisticated management and reporting tools that may be utilised in performing risk analysis on computer usage.

For organisations new to WorkPace Balanced Ergonomics will provide assistance in integrating and testing WorkPace with your IT systems. This service is also complementary. We can also train your OH&S and general staff in maximising the effectiveness WorkPace in your organisation.

You may download a 30 Day trial (no activation key required) of Workpace from. <http://www.workpace.com/:bergo> .

To activate your 10 Licenses please contact Balanced Ergonomics for your key. You may email your request to [support@balancedergonomics.com](mailto:support@balancedergonomics.com) or contact us on 02 94522444.



## Will WorkPace benefit my staff

WorkPace is a rest and stretch break program suitable for rehabilitation and reducing the risk of OOS/RSI and other computer related disorders. WorkPace produces a fast and sustainable reduction in these disorders by modifying risky work practices.

The following results were obtained by randomly surveying 1,610 WorkPace users in Australia from 45 organisations representing a population base of 115,000 employees.

## People who reported pain and discomfort from computer use prior to using WorkPace.

- 0 57% of staff suffer pain or discomfort from using their computers
- 0 68% of those suffering had significant improvement in their symptoms after using WorkPace for only 6 weeks
- 0 85% recommended and wanted to continue using WorkPace

## Reported overall benefits from using WorkPace

Less Tiredness	44%
Less Eyestrain	54%
Less Pain or discomfort	50%
Less Work stress	28%

## Changing Habits

Users reported	
Doing more exercises	77%
Taking more breaks	78%
Taking more micropauses	86%

## Work/rest ratios

People take more natural breaks as part of their computer usage patterns.

## Effects on productivity

Workpace has been shown to have the following effects computer usage

- 0 Average keystrokes increase by up to 20%
- 0 Keyboard error rates drop by up to 2.5