



## Display Screen Equipment (DSE) management software: Cardinus Healthy Working is now live

An online process for personal computer workstation assessments (Display Screen Equipment - DSE) is now available for all staff and PhD students who are DSE users.

You will receive an invitation email over the next few weeks from [pacesystems@cardinus.com](mailto:pacesystems@cardinus.com) asking you complete the '**Healthy Working Plus Program**' consisting of a short eLearning course and your personal DSE assessment.

If you would like any further information please view the [DSE page](#) on the CUED Safety Office website or contact [dse-assessments@eng.cam.ac.uk](mailto:dse-assessments@eng.cam.ac.uk)

Healthy Working ergonomics | Developed in partnership with

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### Introduction to ergonomics

You will also see references to **neutral posture** in this course.

Neutral posture refers to the position of your body when it is most at rest with the minimum amount of pressure on your joints, muscles etc.

You know when your body is in neutral posture when:

- The three curves of your are relaxed and in good alignment
- Your chest is open and your shoulders are in a resting position
- Your head is naturally balanced, neither tilting nor heaving
- Your joints (such as your elbows and wrists) are positioned around the middle of your range of motion.

Click on the small images below.

INTRODUCTION TO ERGONOMICS 10%

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