

WorkPace Ergonomic Software for Computer Based Workstations

What is WorkPace?

WorkPace is a software program designed by Wellnomics to reduce the risk of musculoskeletal disorders when working at computer based workstations.

Each staff member is able to view data on current and past usage via the WorkPace software located on the PC. Staff are able to protect their data by setting a password. This will allow the data only to be viewed by Wellnomics.

Installation of WorkPace

- WorkPace can be installed onto a staff member's computer-based workstation or their notebook computer at their request or recommendation following assessment of the workstation setup.
- A base configuration or customisation is recommended to be used which ensures recording of at least the basic usage statistics.
- When its use forms part of a rehabilitation program, more comprehensive data recording and monitoring may be undertaken after consultation with the staff member,
- Staff can install the WorkPace software themselves by following the instructions on the [IT WorkPace Software Licensing webpage](#)

Staff are encouraged to seek guidance on setup and use of WorkPace from their [campus WHS Consultant](#).

WorkPace Data Recording and Monitoring

The WorkPace Program collects a range of data including:

- time using the Computer counted as any time in which there was mouse or keyboard activity within the last 30 seconds.
- time using the Mouse counted as any time in which there was a mouse click or mouse movement within the last 5 seconds.
- time using the Keyboard counted as any time in which there was keypress within the last 5 seconds.
- compliance with WorkPace breaks.

Access to the data collected on staff use is only granted to Wellnomics.

Statistics produced from WorkPace are used solely for the intended purpose of managing health and safety issues and promoting good ergonomic practice. WorkPace is not designed to measure productivity or efficiency and will not be used for this purpose.

Summarised group data can be made available to line managers but an individual staff member's data will only be made available to the individual staff member. Once the WorkPace software has been installed onto a staff members PC, it will collect data daily. The nature and extent of the data collected is determined initially via a centrally maintained configuration file. The data on each user is written to a local file on the user's PC and automatically copied to a shared folder on a file server. Users are able to set a password to protect their data.

Wellnomics can view and report on data for all users.

Although the data outlined above can be collected, the only data that will be made available to UniSA by Wellnomics will be Group statistics and the total number of staff, including usernames within each group that are assessed as being in a high risk profile.

Some common questions in relation to the software is provided at:

[Help and FAQs for WorkPace](#)

Further information on WorkPace is available at:

[Getting the Most from WorkPace](#)