

AKZO NOBEL stops using the mouse!

Give your mouse a break!

In 2005, iMCreative, Ms Duijts (Industrial Hygiene Coordinator AKZO Nobel Arnhem) and Mr. Van Der Zalm (Industrial Hygiene Coordinator AKZO Nobel Sassenheim), have joint forces to start a Project Shortcut Keys.

Main goal of the project was to improve the working method of their computer users (more healthily and more efficiently). The way to accomplish this is to decrease the amount of mouse usage and replace this with Shortcut Keys. The second goal was to experience how the trainings method, developed by iMCreative, would be received by the computer users and of course what the results would be. Besides questionnaires, all the operations of the participants were measured (mouse use, key strokes, computer time, etc.).

Active approach

The trainings method of iMCreative is developed to stimulate the computer users in a positive way to work with Shortcut Keys. It asks an "active approach" from the participants. Quote: "Loveley that I discovered and experienced how handy Shortcut Keys are, just Great!!"

Computer use?

At first the participants are faced with their own computer use (see questions below: how do you use the computer?), main goal is to let them realise that their current working method is unhealthy and inefficient. From these "new" acquired insights they will learn, directly, a number of important (especially useful) Shortcut Keys. They can practice and experience them, by the interactive exercises. Enthusiasm arises automatically!

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E-Training® was experienced by all participants as very positive, especially the possibility that each is able to do the training at any desired moment and location and that they can repeat an exercise whenever they want to. Quote: "I have done the exercises from my hotel chamber, a Internet connection was sufficient...". Moreover both Industrial Hygiene Coordinators found a positive issue that the project didn't cost them more work. Quote: "The support by iMCreative was outstanding, which made a big difference for me and it didn't cost me much work."

Work healthily and more efficient

The participants are enthusiastic about using Shortcut Keys and especially the increased efficiency ("...it simply works faster!"). Almost half (45%) experiences that it has a positive influence on complaint reduction. Quote: "... feels strange, but I sit much more relaxed behind my computer and I work just as fast, if not faster". In Sassenheim the positive sounds of the participants reached the venture Council, which certainly want to continue with this project.

20% less mouse usage!

The results are also confirmed with figures. The participants who have adopted the new working method, show a 20% decrease in mouse usage. Practically, one uses the mouse 50 minutes per day less than before (by an effective mouse usage of four hours per day). Important is that we can show, by results three months after the project Shortcut Keys, that most of the participants continue to work effectively with Shortcut Keys and thereby use the mouse far less!

The final conclusion concerning the functioning and the applicability of our trainings method can be considered as successful. Both establishments see it gladly used for the complete organisation where the first steps will be taken for employees who have light RSI complaints. "But we recommend using Shortcut Keys to everyone".

How do you use your computer?

Answer the following questions (answers are printed upside down):

1. How many mouse clicks do you make on a busy day?
2. Watch your keyboard (see Keys 1 & 2), do you know what they do?
3. How many times do you hold your mouse when you are not really using it?



Key 1



Key 2

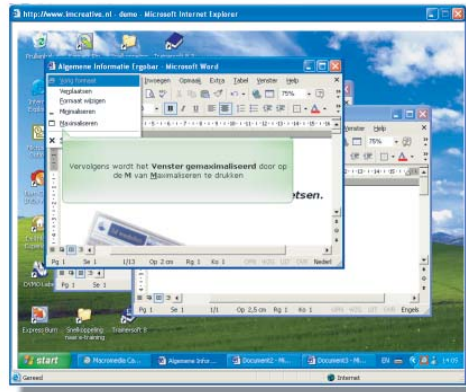
Answers:

1. 5.000 - 8.000 mouse clicks on a busy day!
2. Key 1 = Start Menu, Key 2 = Right mouse click
3. Up to 30 times per hour people will hold there mouse
(when this is not needed (passive))

Components: Healthy and Efficient computer use

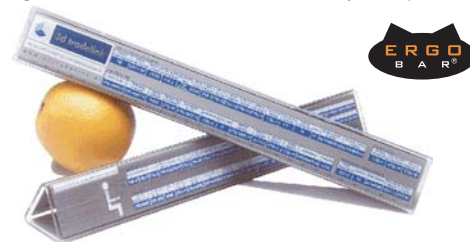
E-Training®

Will teach Shortcut Keys and provides special interactive exercises where the learned Shortcut Keys can be practiced. This will guarantee successful training.



Ergobar®

The Ultimate Tool. The most handy and important Shortcut Keys are presented on every side of the triangle bar. Could not be missed on every workplace.



Ergotip® Advanced

Weekly E-mail tip with interactive exercises



Try these Shortcut Keys!

Winkey (see Key 1) + D = Go to Desktop

ALT + F4 = Close Program

3 x F8 = Select Sentence (MS Word)



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