

Working in partnership with our clients we take information and knowledge and from that produce learning courses that can appeal to a wide cross-section of people. We build our learning course in a cost-effective way and ensure that a number of different personal learning preferences are catered for. This enables you to maximise the learning outputs of your courses, without it costing the earth.

We make use of appropriate technology within the products and what we produce is attractive and intuitive to use. We listen to what your needs are and what you want, we then work to ensure you achieve your objectives from the project.

We can deliver the entire project from design to build, from audio to 3D animated graphics, from video to translation into a number of languages. Finally we will deliver the course in the media you want, ensure you can evaluate the course participants and their experience and continue to provide ongoing support.

The following examples show the breadth and diversity of our experience and some of the prestigious clients that we have worked with, which also include St. James' Place, Jaguar/Land Rover, Thompson Reuters, Rugby Football Union and British Horseracing Authority.




Network Rail

Covering all aspects of Fatigue Management, this course will eventually be available to over 10,000 Network Rail employees and contractors and will help to make the UK Rail Network a safer place for those who maintain this vital infrastructure. Neil Pryce-Jones who led the development project commented, "Network Rail understand their responsibility to staff and contractors when working on the rail network. Fatigue Management is a key tool that they can use and we are very pleased to have been chosen as a key partner to deliver this course. Working with Network Rail we will be able to deploy a state-of-the-art course that can reach all of their target audience much more effectively than traditional forms of learning."

Fatigue Management

SLEEP



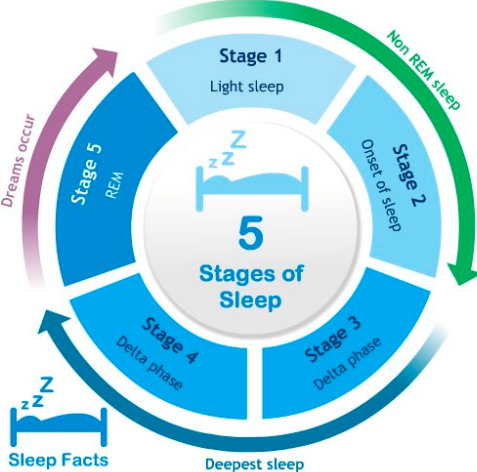
UNDERSTANDING SLEEP (1 of 4) MENU

INTRODUCTION

- ▶ Sleep is essential for human life - you cannot survive without it.
- ▶ Sleep conserves energy, restores the body and consolidates memory and learning.
- ▶ Sleep must be deep and continuous for it to be most beneficial.
- ▶ On average adults need 7 to 8 hours sleep a night.
- ▶ "Enough sleep" is the amount you need to wake up refreshed and alert.
- ▶ As people get older they find it more difficult to sleep in one long block
- ▶ The less sleep you get, the more your performance is affected.
- ▶ When sleep loss builds up over a number of days you may not be aware of its effects.

When it comes to sleep it is not just the number of hours you have that is important. Sleep is made up of distinct stages that recur through the night. In order to get the restorative benefits of sleep you must experience all of the stages.

Move your cursor over each of the sleep stages for further information, and don't miss out on the interesting sleep facts alongside.



5 Stages of Sleep

Stage 1: Light sleep
Stage 2: Onset of sleep
Stage 3: Delta phase
Stage 4: Deepest sleep
Stage 5: REM (Dreams occur)

Non-REM sleep

Sleep Facts

USEFUL DOCUMENTS | USEFUL LINKS | PRINT | PREVIOUS | REPLAY | NEXT

NHS Gloucestershire

Working with the Training and Development team at NHS Gloucestershire we have created an on-line Induction course for new starters. This has a set of core topics that will apply across the NHS, including Equality and Diversity and Governance, as well as topics that can be tailored for a particular organisation and locality.

The course can be undertaken on day-one and at a convenient place giving a rapid sense of belonging and understanding of values and how the organisation fits into the complexity of the NHS. It is delivered at low-cost per head with access managed and tracked using a simple-to-use learning management system or an existing system.

The screenshot displays the 'Induction' course interface for NHS Gloucestershire. The top navigation bar includes the NHS Gloucestershire logo and five main menu items: GETTING STARTED, ORGANISATIONAL OVERVIEW, EQUALITY AND DIVERSITY, INFORMATION GOVERNANCE, and WORKING WITH US. The 'GETTING STARTED' section is active, showing a progress bar and a 'LOG OUT' button. The main content area features a vertical 'excellence' logo on the left and a grid of course modules. The modules are: 'Welcome' (Completed), 'Course Instructions' (Not Started), 'Welcome' (Completed), 'Watch this' (Not Started), and 'Course Aims' (Not Started). A key at the bottom right indicates the status: Not Started (white circle), Started (orange circle), and Completed (red circle). The interface also includes 'USEFUL DOCUMENTS', 'USEFUL LINKS', and 'INFO' buttons at the bottom.

National Nuclear Laboratory

Following on from the development of Security Awareness and Technical training programmes we were asked by the National Nuclear Laboratory to help them develop an on-line Health and Safety course. This will replace the current face-to-face programme of training for new starters and annual refreshment and will help our client make substantial savings as well as keeping their workforce focussed on critical Health and Safety issues. The course is based on the IOSH "Working Safely" syllabus and will ultimately be approved by the institute.

This project continues to strengthen our relationship with the Laboratory and we are delighted to be involved with the Centre of Excellence for the nuclear industry.

The screenshot shows a web-based training module. At the top left, the title "Working Safely" is displayed. To its right is a progress indicator for "COMMON HAZARDS" and the "National Nuclear Laboratory" logo. Below this is a navigation bar with "ORGANISATIONAL FACTORS (7 of 7)" and a "MENU" button. The main content area is titled "COMPUTER WORKSTATIONS" and contains text about Display Screen Equipment (DSE) and associated health risks. An illustration of a man sitting at a desk with a computer is positioned to the right of the text. A callout box highlights "Upper limb pains and discomfort" with prevention tips. At the bottom, there are navigation buttons for "USEFUL DOCUMENTS", "USEFUL LINKS", "PREVIOUS", "REPLAY", and "NEXT".

Working Safely COMMON HAZARDS National Nuclear Laboratory

ORGANISATIONAL FACTORS (7 of 7) MENU

COMPUTER WORKSTATIONS

Display Screen Equipment (DSE) is basically the computer equipment on your desk, i.e. the screen, process unit, mouse, printer and other associated equipment.

More and more jobs require employees to spend extended periods of their working day using Display Screen Equipment (DSE) and associated items such as keyboards, printers, desks and chairs.

Move your cursor over the image to find out more about the key health effects.

Upper limb pains and discomfort.
Prevention: Take regular breaks from working at your computer. A few minutes every hour or do alternative work instead. Engage in regular stretching to relax your body. Use equipment such as footrests, wrist rests and document holders. Keep your mouse and keyboard at the same level. Do not grip the mouse too tightly. Learn computer keyboard functions and shortcuts to avoid over use of mouse.

USEFUL DOCUMENTS USEFUL LINKS PREVIOUS REPLAY NEXT

Would you like to know more?

If you would like to arrange a demonstration or would like to discuss how we may be able to help you please contact Neil Pryce-Jones for a straightforward, no obligation discussion on neil@prestburydigital.co.uk or 07929 003037.