



Consulting and Training | Reach New Heights

Course Name

Digital Work Safety & Human Performance

Sector Name

Health, Safety and Environment

Document Type

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Digital Work Safety & Human Performance

Course Introduction

Digital technology has become embedded in almost every working environment, shaping how employees communicate, monitor operations, process information, make decisions, and respond to changing conditions. Yet constant notifications, multiple platforms, screen-intensive tasks, fragmented attention, information overload, and technology-driven workflows can introduce human-performance risks that traditional workplace safety approaches may not fully recognize.

Boost Consulting & Training has designed this course to help organizations examine digital work through health, safety, and human-performance lenses. Participants learn to identify where digital systems and working practices place excessive demands on attention, cognition, visual capacity, decision-making, and recovery. The program then moves beyond identifying problems to redesign digital workflows, communication practices, alerts, interfaces, and technology use so that employees can interact with digital systems more safely and effectively.

The main concept of this course is to design digital working practices around human capabilities, ensuring that technology

supports safe performance rather than creating distraction, overload, or new forms of workplace risk.

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Target Audience

- ✓ HSE and occupational health professionals
- ✓ Operations and workplace managers
- ✓ HR and employee experience professionals
- ✓ Digital transformation and workplace technology professionals

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Learning Objectives

- ✓ Explain how digitally intensive work can influence occupational health, safety, and human performance.
- ✓ Identify technology-related work practices that create excessive cognitive, attentional, visual, or information demands.
- ✓ Assess how interruptions, multitasking, alerts, screen exposure, and information volume can contribute to workplace risk.
- ✓ Recognize tasks and roles where digital demands can have greater safety or performance consequences.
- ✓ Evaluate digital workflows and interfaces from a human-performance and safety perspective.
- ✓ Apply practical controls that reduce unnecessary digital demand while maintaining operational effectiveness.
- ✓ Improve communication, alert management, digital boundaries, and technology-use practices across the workplace.
- ✓ Develop a structured approach for integrating digital work risks into occupational safety and work-design decisions.

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Course Outline

✓ Day 01

Understanding Safety in the Digital Workplace

How Digital Work Changes Human Performance

- ✓ Examining how digital systems have changed attention, communication, decision-making, and everyday work patterns
- ✓ Understanding the relationship between cognitive capacity, digital demand, human performance, and workplace safety
- ✓ Distinguishing productive technology use from digital conditions that create unnecessary human-performance risk

Identifying Digital Work Risks

- ✓ Mapping interruptions, screen-intensive activities, fragmented workflows, information volume, and technology dependency
- ✓ Identifying how digital risks differ across office, hybrid, remote, mobile, and operational work environments
- ✓ Developing a **Digital Work Risk Map** for a realistic workplace

Digital Work Safety & Human Performance

Course Outline

✓ Day 02

Attention, Distraction and Digital Interruption

Protecting Attention in Connected Work

- ✓ Understanding how repeated notifications, task switching, and digital interruptions affect concentration and working memory
- ✓ Identifying safety-sensitive and accuracy-critical tasks that require protected attention
- ✓ Recognizing when digital responsiveness begins to compete with safe task performance

Controlling Digital Distraction

- ✓ Prioritizing alerts and notifications according to urgency, relevance, and potential consequence
- ✓ Establishing practical rules for interruption, escalation, communication channels, and protected work periods
- ✓ Completing a **Digital Distraction Risk Assessment** for a high-interruption role

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Course Outline

✓ Day 03

Information, Interfaces and Decision Quality

Managing Digital Information Overload

- ✓ Recognizing when excessive information begins to reduce situational awareness and decision effectiveness
- ✓ Distinguishing critical information from low-value digital noise and duplicated communication
- ✓ Preventing alert saturation and desensitization to warnings in information-intensive environments

Design for Human Performance

- ✓ Evaluating dashboards, displays, prompts, alerts, and digital workflows according to human capabilities
- ✓ Reducing unnecessary complexity, navigation, memory demand, and opportunities for user confusion
- ✓ Redesigning a digital workflow through a **Human-Centered Digital Safety Challenge**

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Course Outline

✓ Day 04

Creating Safer Digital Working Practices

Managing Screen-Intensive and Technology-Dependent Work

- ✓ Assessing visual demand, prolonged screen use, static work patterns, and continuous digital concentration
- ✓ Designing healthier patterns of focused digital activity, movement, task variation, and recovery
- ✓ Managing safe work when employees depend heavily on digital platforms and systems to perform critical tasks

Building Sustainable Connected Work Practices

- ✓ Clarifying expectations around availability, response times, virtual meetings, and communication channels
- ✓ Reducing unnecessary digital intensity without compromising collaboration or operational responsiveness
- ✓ Designing a **Safe Digital Work Protocol** for a technology-intensive team

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Course Outline

✓ Day 05

Building a Human-Centered Digital Workplace

Integrating Digital Risk into Workplace Safety

- ✓ Incorporating digital work risks into occupational health assessments, work design, technology implementation, and change processes
- ✓ Assessing human-performance implications before introducing new platforms, systems, or digital workflows
- ✓ Monitoring emerging digital risks through employee feedback, observations, performance patterns, and workplace indicators

From Technology Adoption to Safe Digital Work

- ✓ Defining responsibilities across HSE, HR, operations, technology teams, managers, and employees
- ✓ Establishing practical principles for human-centered, safe, and sustainable technology use
- ✓ Developing a **Digital Work Safety & Human Performance Plan** for organizational implementation

Digital Work Safety & Human Performance

Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Dec. 21, 2026	Dec. 25, 2026	5 days	4250.00 \$	UAE , Dubai

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