PROVIDE WELLBEING | Qbtech

Preparing your space for QbCheck

Use this checklist to get your space ready before the test.

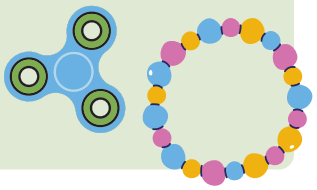
1 Find a quiet space

Choose a room where you won't be disturbed. Turn off the TV and music, and ask others to keep noise down.



2 Put away items you may fiddle with

This includes jewellery and sensory supports.



3 Take off watches and fitness trackers

Leave them, including smartwatches, in another room.



4 Switch off mobile devices

Keep phones and other mobile devices out of reach throughout the test.



5 Remove hats and headphones

Take them off before you start so the webcam has a clear view of your face.



6 Get comfortable before you start

Use the bathroom and have anything you need to eat or drink beforehand. The test cannot be paused.



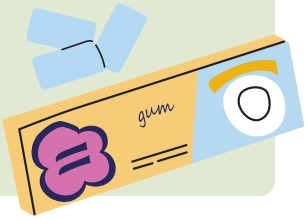
7 Empty your pockets

Put the contents out of reach before starting.



8 Do not chew gum during the test

If you're chewing gum, please put it in the bin before you start.



9 Check how you're feeling

- If you feel unwell, very stressed or anxious, speak to our team about whether to postpone.
- Do not take the test while intoxicated.





Need a little extra guidance?

Watch the step-by-step video on preparing yourself and your space.

Watch video