

Seven things UK regulators expect you to prove about your AI use

Mapped to ICO, FCA and the UK's five AI principle requirements.

- C Constraint** Safety · Accountability
The limits a human sets on what AI is allowed to produce, before it starts.
- O Oversight** Accountability · Contestability
A human directing the AI and staying above its output, not rubber-stamping it.
- N Necessity** Safety · Fairness
The decision about which tasks AI should be used for, and which it shouldn't.
- T Transparency** Transparency · Contestability
A record of what the AI did, who was responsible, and why.
- A Authority** Accountability
A named person who directs the AI and answers for what it produces.
- I Intent** Accountability · Fairness
The outcome the AI is working toward, set by the responsible person before work begins.
- N Not Negotiable** Contestability · Safety
The hard limits AI output can never breach, and the records that prove it.

Can your organisation prove them?

configure YOUR system. **contAITMn** the chaos. control YOUR outcome.
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When AI makes decisions, accountability does not disappear, it just becomes harder to locate.

Perhaps your people are using AI and you are not entirely sure what they are putting into it. Or maybe you have a named data controller and you are wondering when an AI agent gets it wrong what happens and who is accountable?

93% of UK organisations are running AI. 7% have the governance to support it. (*Trustmarque AI Governance Index, 2025*)

The question is not whether your organisation will need to demonstrate what it has done. The question is whether you will be ready when it does.

The contAITMn CRASH diagnostic.

- C Consult**
The real picture of how AI is being used across your organisation. The conversations with your people that surface the gaps they see.
- R Review**
What your organisation knows about its AI use, and what the gaps in that answer reveal.
- A Assess**
What is working, what is exposed, where the risk sits and what needs fixing.
- S Strategy**
A clear, board-ready plan for what your organisation does next and who is responsible for monitoring it.
- H Human**
Accountability you own, because methodology works when a real person with authority is above the loop.

The CRASH diagnostic is where contAITMn engagement begins.

DIAGNOSE → ALIGN → DELIVER → SUSTAIN

contAITMn is a UK registered trademark. An evidence-based methodology for directing AI at the human level. Published research: zenodo.org/records/20474271. Thirty years of making technology work for the people directing it, not the other way round. Humans above the AI loop every time.

Ready to find out where you stand?

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