



ACTION IN MOTION™

Good musculoskeletal prevention programs educate workers on the impact of musculoskeletal injury and disease and instruct them on how to safely perform each task their job requires.

Great programs on the other hand, will also incorporate on-the-job feedback and coaching to help raise awareness of (the often unconscious) poor form, when it happens, which leads to long-lasting change.

Action in Motion is a unique and highly effective manual handling coaching program in which your people will be observed as they perform the manual tasks (the 'Action') required in their role.

Feedback and coaching is provided by one of WFR's experienced Exercise Physiologists and is supported through the use of recorded video (the 'Motion') of the individual completing the task to assist in raising awareness of poor form and potential issues.

Action in Motion is designed to fit around your work-patterns, minimising a workers time away from the job and making it cost and time efficient.





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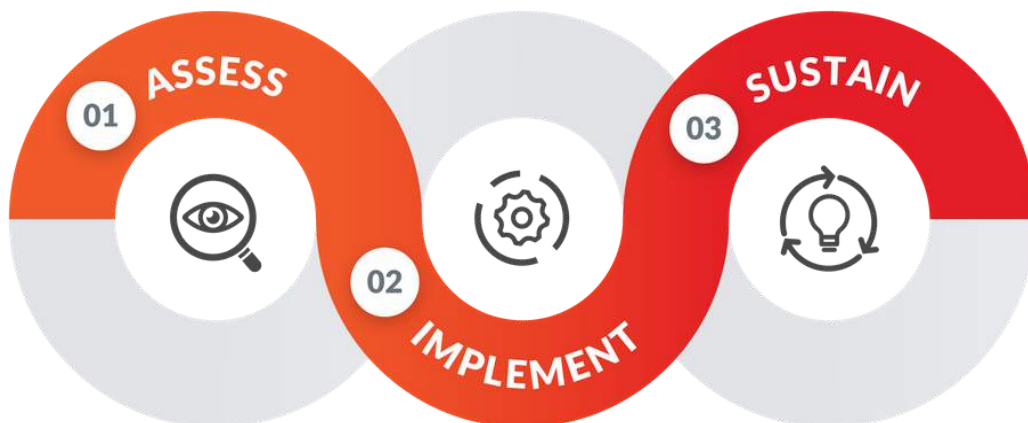
Feedback from our Technicians has been extremely positive with a majority finding the delivery of training in actual worksite settings provided them with practical solutions and tips on how to avoid injuries and develop strategies to reduce manual handling risks that previous classroom based training could not provide

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- Anthony Duff, National Safety Manager,
ThyssenKrupp Elevator

OUR APPROACH

Over our 2+ decades in business, we've refined the way we work with our clients to get the best outcomes from our solutions. Our approach ensures that we understand the specific needs of your organisation and implement a solution that gets lasting results.





WHAT CAN YOU EXPECT?



ASSESS

Our first port of call is to always spend a little time asking questions and reviewing any available data – such as injury and incident data. This helps us paint a picture of the work environment and tailor the program to ensure the best outcomes achieved.

+ OPTIONAL: Many workplaces begin by asking WFR to observe and assess the different job roles that exist and create Job Role Profiles to help identify the high risk tasks **Job Role Dictionary** (see page 5 for more details).



IMPLEMENT

Typically run as a 20-30 minute individual coaching session, WFR's Exercise Physiologists first observe and record an individual while they carry out their everyday work tasks. A video is played back to the individual as 'real-time' feedback (both verbal and diagrammatic) on their form is provided. This includes postures, load handling, team work, and work environment layout.

The worker will perform the task once again, taking onboard the feedback. Both videos are uploaded into WFR's unique app, allowing before and after videos to be reviewed side-by-side.



SUSTAIN

WFR summarise any trends and document the level of progress into a group-level report

+ OPTIONAL: Choose to conduct periodic reassessments to continue to track progress and provide additional coaching to help change bad habits.



WHAT ARE THE BENEFITS?

- Individuals gain the knowledge required to self-correct their form and manage their environment
- The program allows individuals to get personalised feedback specific to their role, environment and individual situation
- Feedback provided in-the-moment, when workers are carrying out their day-to-day tasks is more likely to change habits and lead to sustainable change
- Preventative strategies have been shown to reduce the number of manual handling incidents saving significant cost for the business

WANT TO GET A PREVENTATIVE PROGRAM IN PLACE?

Get in touch for more information:
ENQUIRIES@WORKSITE.COM.AU



TRY ADDING ONE OF THESE...

Action in Motion is just part of our Preventing Worker Injuries offering. It's often complemented with:

JOB ROLE PROFILING

The observation and assessment of job roles within a business. As well as collecting data and images related to these job roles, feedback is received from the employees on the performance of these tasks - including postures, load handling techniques, work environment layout and more.

WFR use this information to produce a Job Role Profile (JRP) often utilised in recruitment, development of return to work processes, hazard identification, risk management and more.

DYNAMIC BACK CARE™

Dynamic Back Care is a competency-based manual handling and postural education training program. By first gaining an understanding of the employee groups' specific job roles and job tasks, we can create a training product specifically suited to their unique work environment.

Or any of our solutions for that matter...

Our experience over the last two decades has shown us that the most effective health and wellness strategies are designed to deliver four outcomes:



All of WFR's solutions are designed so they can be run independently as a short-term campaign or can work together to form a comprehensive health and wellness approach that we like to call this our Healthy Lifestyle Program™.

Whether your workforce is 20 or 20,000, we can design an approach to meet your strategic needs.

Get in touch for more information:

ENQUIRIES@WORKSITE.COM.AU