



# MUSCULOFIT™

No matter how 'safe' the work environment, if your people aren't in the appropriate condition for their role, injuries will still happen. Preventative conditioning programs are highly effective in reducing injuries, but assessing the level of support each individual needs, in an inclusive manner, can be a challenge.

**MusculoFit** is WFR's proactive musculoskeletal health improvement program that aims to reduce the occurrence of high-frequency strain and sprain-type injuries.

The program begins with a musculoskeletal health screening process of the entire workgroup to identify higher risk individuals. The screening is job role-specific and tailored to best 'fit' the physical demands of specific roles - including flexibility, posture and strength measures usually of the major muscle groups and limbs.

Based on the outcome of the screening, each employee receives a support program to suit their musculoskeletal health status.

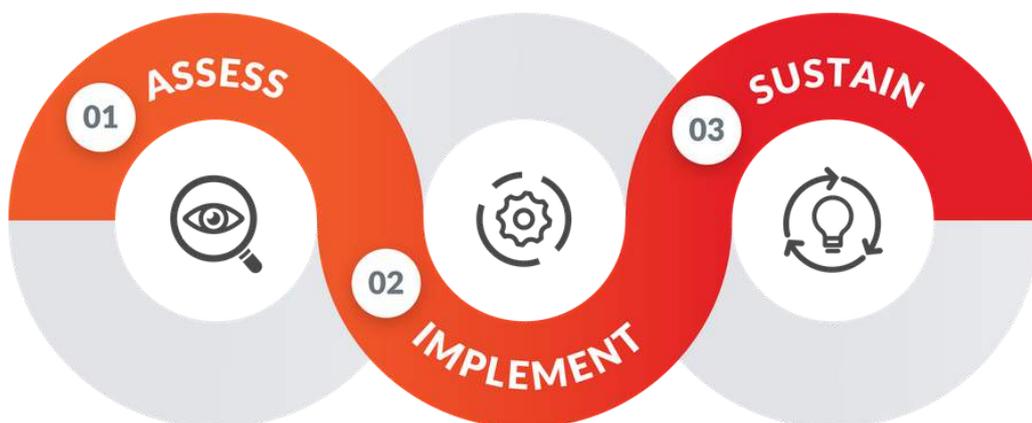
The program is designed to improve the employee's musculoskeletal health status and provides them with relevant information, tools and individualised advice – leaving them better equipped to maintain their own musculoskeletal health.

MusculoFit also captures valuable group health data to help your business create a broader musculoskeletal injury prevention strategy.



# 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 spend a little time asking questions to understand the different job roles that exist and review any available injury data to help us customise the screening process.

Once we've worked with you to plan and schedule the program, we'll conduct the musculoskeletal health screening with each employee. The consultation is completed over 20-30 minutes, kicking off with a brief questionnaire.



## IMPLEMENT

Next, employees commence a program appropriate for their health status. Employees identified at a higher-risk of experiencing a musculoskeletal injury are provided with a 3 – 6 month individual conditioning program - meeting with one of WFR's experienced Exercise Physiologists at regular intervals.

Lower-risk employees are provided with a self-guided stretch program to assist them in maintaining their status.



## SUSTAIN

Higher-risk individuals are re-screened at the conclusion of their treatment program to assess the improvement in their health status as a result of the program.

WFR then collate all the individual screening data to create an aggregated **Group Musculoskeletal Health Report**. The outcomes are presented to key stakeholders and include recommendations for developing a sustainable approach to managing musculoskeletal risk in the workplace.



# WHAT ARE THE BENEFITS?

- The program is tailored specifically for the job roles that exist in your workplace
- Individuals gain a greater understanding of their current musculoskeletal health and receive an action plan to follow
- The group data provided helps you put the correct prevention and intervention solutions in place
- Re-screening after three months allows you to track the program effectiveness and ROI
- Preventative programs lead to a reduction in injuries and incidents - saving significant costs for the business

## WANT TO GET A PREVENTATIVE PROGRAM IN PLACE?

Get in touch for more information:  
[ENQUIRIES@WORKSITE.COM.AU](mailto:ENQUIRIES@WORKSITE.COM.AU)





# TRY ADDING ONE OF THESE...

MusculoFit is just part of our **Reducing Workplace Risk** offering. It's often complemented with:



## ACTION IN MOTION™

Simple but effective, **Action-In-Motion** involves the observation of job role-specific manual tasks (the 'Action') being completed, whilst providing feedback and coaching via video capture (the 'Motion') on the safe performance of the task.

Postures, load handling, team work, and work environment layout are all considered when providing feedback to individuals.



## INJURY MANAGEMENT SUPPORT

WFR's experienced Exercise Physiologists will come and work directly with your onsite Health and Safety team to maintain and improve the injury management process, ensuring an efficient and correct return-to-work process is in place.

Be it assessing, treating, prescribing rehabilitation and strengthening programs, as well as reporting on musculoskeletal injuries.

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**



worksite fitness  
and rehabilitation