



WARM UP 4 WORK™

Did you know that the median time lost from work for serious musculoskeletal disorder claims has been estimated at 5.8 weeks?

Musculoskeletal injuries account for 60% of all serious workers compensation claims in Australia, so not considering the musculoskeletal health of your people can be a costly mistake for employers.



Arguably WFR's most popular program, **Warm Up 4 Work** is a multi-faceted workplace stretching program that educates your people on the importance of musculoskeletal health and trains them to prevent injury by adding a 'warm up' routine as part of their role.

A typical program has 2 separate components:

Musculoskeletal Awareness Session

This 60 min, interactive education session provides participants information and statistics on the importance of good musculoskeletal health, an understanding of how musculoskeletal injuries develop and what they can do to reduce risk.

Our experience has shown that simply teaching workers how to warm up for their role, without also understanding 'the why' is less effective.

The session also educates your people on strength and conditioning exercises suited for their specific roles and their work environment. Pocket stretch cards are provided to participants to assist with their uptake in the program.



Stretch Leaders Program

'Stretch Leaders' walk away with the confidence to provide advice on technique and educate new employees on the program.

Support tools / materials are provided and include a broad range of stretching and strengthening exercises.

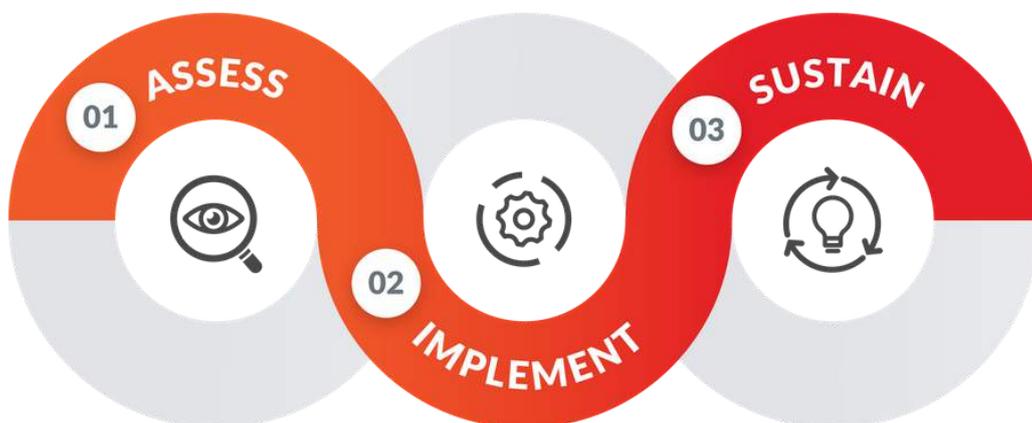
These materials help the Leader to coordinate the stretching sessions throughout the shift and deliver varied session regimes.

- 'Stretch Leaders' training and resource manual
- Stretch card lanyard
- Customised stretch and conditioning posters for the workplace

Embedding 'Stretch Leaders' into the organisation makes the program sustainable. And the regular group stretch routine introduces a positive team activity to the working shift - boosting engagement and ownership.

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.





“ As a large global entity with 60+ sites, we engaged WFR to provide hands on manual handling and ergonomics training and to train staff internally to provide the training to our remote sites.

WFR's solutions met our diverse needs and the training contained business specific information and examples making it easy for our staff to relate to.

The WFR team were professional, helpful and very knowledgeable in their areas of expertise.

”

- Dr Jillian Disint, QHSE Director -
CIF Pacific Region, Bureau Veritas Australia



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. We'll also take the time to understand the different job roles that exist within the business.

This helps us tailor the program content to ensure the best outcomes are achieved.



IMPLEMENT

Musculoskeletal Awareness Session: First, we'll roll-out the 60-min education session to all staff (leaders and managers should also attend) in small groups of up to 15 to allow for more relevant discussions.

Stretch Leaders Program: Finally, the nominated Stretch Leaders will complete an additional 2 hour workshop to ready them for their new role. Once again, small groups of up to 10 work best to ensure each leader gains practical experience leading a group.



SUSTAIN

Having people embedded in the business who are trained to lead a morning group stretching session is the key element for the sustainability of this program.

A number of tools and resources are also made available to keep the importance of musculoskeletal health front of mind across the business.

+ OPTIONAL: Ask one of WFR's qualified exercise physiologists to stop in and join the group stretching sessions to provide some additional coaching from time to time.



WHAT ARE THE BENEFITS?

- Increased awareness about musculoskeletal disorders increases engagement with the program
- Sustainability is achieved through leader training and ongoing support options
- Empowers your leaders to help minimise musculoskeletal risks in the environment
- Reduction in manual handling incidents - saving significant costs for the business
- There is a positive social and engagement benefit associated with the regular group stretching ritual

WANT TO GET A PREVENTATIVE PROGRAM IN PLACE?

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



TRY ADDING ONE OF THESE...

Warm Up 4 Work is just part of our Preventing Worker Injuries offering. It's often complemented with:



DYNAMIC BACK CARE™

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

Participants gain education, awareness and self-help tools and coaching across four core training modules:

- The Injured Body
- The Healthy Body
- Risk Identification and Control
- Manual Handling



HEALTHY DRIVER™

A musculoskeletal injury prevention and health program specifically designed for heavy vehicle operators and drivers – including training in the use of the vehicle seats, the ergonomic layout of vehicle cabins, safe access and egress technique, as well as postural and manual handling training.

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