



WORK HEALTHY, STAY HEALTHY™

The workplace has changed remarkably in the last 20 years. The pace of work is forever increasing, and change is the only constant. Nearly three quarters of adults working are now working full time in jobs that involve sitting an average of 6.3 hours per day at work. The traditional risks of industry and manufacturing have been replaced by the insidious risk of sedentary work.

It's no wonder we're seeing a steep rise in chronic diseases such as diabetes, musculoskeletal injuries and mental health complaints across white collar sectors.

Work Healthy, Stay Healthy has been developed to educate the office-based employee on how they can better manage both the physical and mental aspects of their job. This half-day program, has two components:

Work Healthy, Stay Healthy Workshop

Our experience has shown that simply teaching workers how to sit correctly at their desks and better manage their overall health, without also understanding 'the why' or the consequences is less effective.

This 2-hour, practical workshop provides participants information and statistics on the importance of a healthy body and mind whilst maintaining good musculoskeletal health.. The following topics are covered:

- Musculoskeletal health
- Ergonomics
- Posture / flexibility
- Vision health
- Stress / fatigue
- Lifestyle

The session includes a mix of theory and interactive activities such as eye / vision exercises, at-your-desk stretching exercises and has a strong focus on 'self-assessment' to assist with sustainability. Reference materials and a Certificate of Completion are provided to each participant.



Workstation Ergonomic Assessments

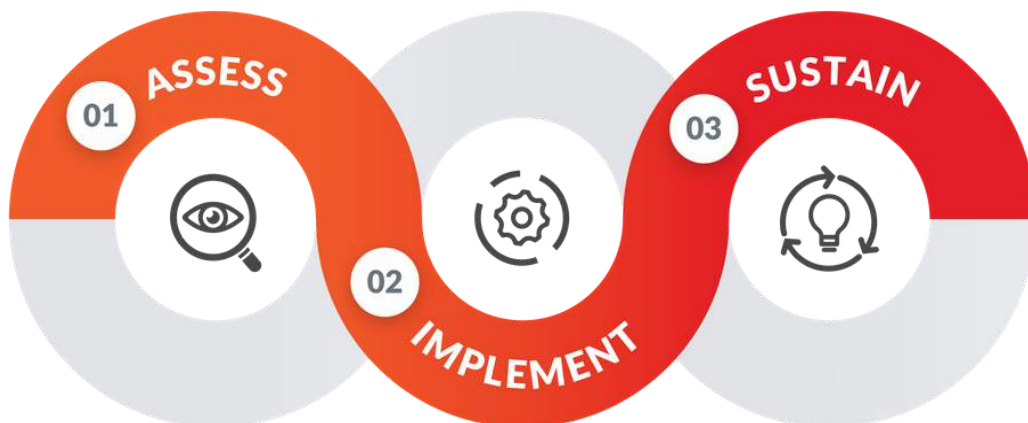
Following the workshop, one of WFR's experienced Exercise Physiologists will then conduct a brief Workstation Ergonomic Assessment. These assessments assist workers to take the learnings from the workshop back to their desks. The assessment is based on both the physical and human factors of the work environment.

Each individual receives one-on-one coaching, and an at-your-desk stretch card to act as a reminder of the recommended daily exercises.

Once all assessments are completed, the group data is summarised into a Group Ergonomic Report. Any areas of concern and recommendations for all workstations are also included. This report is valuable for OHS auditing purposes, risk management and injury prevention.

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.





“ WFR delivered work healthy stay healthy training to our office facilities and it was so well received that employees wanted to know when they would be back for another session. The team from WFR is diligent in their preparation and delivery and I would recommend their professional products and services ”

- Louise Rademan, Manager Safety, Risk and Security
Iron Mountain Australia Group





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 ergonomics-related injury and incident data. We'll also come to your office to review the environment, office environment and take the time to understand the relevant job roles that exist within the business.

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



IMPLEMENT

Work Healthy, Stay Healthy Workshop: First, we'll roll-out the 2-hour workshop to all staff (leaders and managers should also attend) in small groups of up to 10 to allow for more relevant discussions.

Workstation Ergonomic Assessments: Each workshop participant will have a brief 10-15 min consultation scheduled with a WFR Exercise Physiologist at their workstation. A longer consultation will be required for anyone that was unable to attend the workshop.



SUSTAIN

Self-assessment is a key focus helping the long-term sustainability of the program.

The **Group Ergonomic Report**, provided after the Workstation Ergonomic Assessments, are a great benchmark for the workgroup to allow for easier monitoring and include recommendations to improve the work environment.

+ **OPTIONAL:** **Ergonomic Assessor Training Workshops** are available to upskill people within your business to conduct periodic Workstation Ergonomic Assessments (see page 6 for more info).

+ **OPTIONAL:** Schedule Workstation Ergonomic Re-Assessments after 3 months to track progress and provide additional coaching for any identified higher-risk individuals or work areas.

+ **OPTIONAL:** Ask WFR to provide equipment purchasing recommendations such as chairs, monitor raisers and wrist pads.



WHAT ARE THE BENEFITS?

- A program tailored specifically for your work environment
- Small groups and individual assessments allow for ample coaching and feedback
- Sustainability is achieved through a strong-focus on self-assessment and other support options
- Empowers your people to manage their own health and personal work environment
- 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





TRY ADDING ONE OF THESE...

Work Healthy, Stay Healthy is just part of our Reducing Workplace Risk offering. It's often complemented with:



ERGONOMIC ASSESSOR TRAINING

A cost-effective approach to minimising the risk of office injuries. The program achieves this by upskilling your people with the skills, knowledge and confidence to complete basic workstation assessments and be proactive in minimising workplace risk.

It combines theoretical and practical knowledge of a broad range of topics including - legislation, anatomy, common injuries, ergonomic equipment, healthy work habits and more.



GROUP EXERCISE PACKAGES

WFR offers customised packages that can be designed to suit the varying needs of an employee group and can consist of a number of exercise class styles.

Classes could include - high and low intensity circuits, cross-training, swiss-ball, boxercise, boot camp, stretch n' flex, pilates and yoga.

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