



DYNAMIC BACK CARE™

Back injuries account for 43.5% of all manual handling injuries. Not only can this mean ongoing treatment and time off work for your people, they come at a significant cost to your business.

Simply training workers in 'safe lifting techniques' has shown to be ineffective in reducing the number of injuries. They must understand how to eliminate or reduce the risk factors that caused the problem to begin with.

Dynamic Back Care is a competency-based manual handling and postural education training program which has a unique focus on personal risk.

Research has shown that individuals are better equipped to manage their musculoskeletal health if they are empowered to identify and control risks in their work environment.

Each component of the program is highly practical and functional, with participants gaining education, awareness and self-help tools and coaching across 5 learning areas:

- What is the risk?
- How do I assess the risk?
- What can I make safer?
- How do I move safely?
- Can I reduce my personal risk?



The program takes a holistic approach to injury prevention and covers aspects that are within an individual's control to change - including forces and load, actions and postures, work environment and layout, physical health and conditioning.

We understand and cater to any physical deficits within the group by conducting individual Functional Movement Assessments. Targeted exercises are provided to help manage the risks.

Safe work practices are reinforced throughout the program - including a series of manual handling positions that can be adapted for different scenarios and environments and a stretch sequence that can be performed throughout the workday to increase mobility.

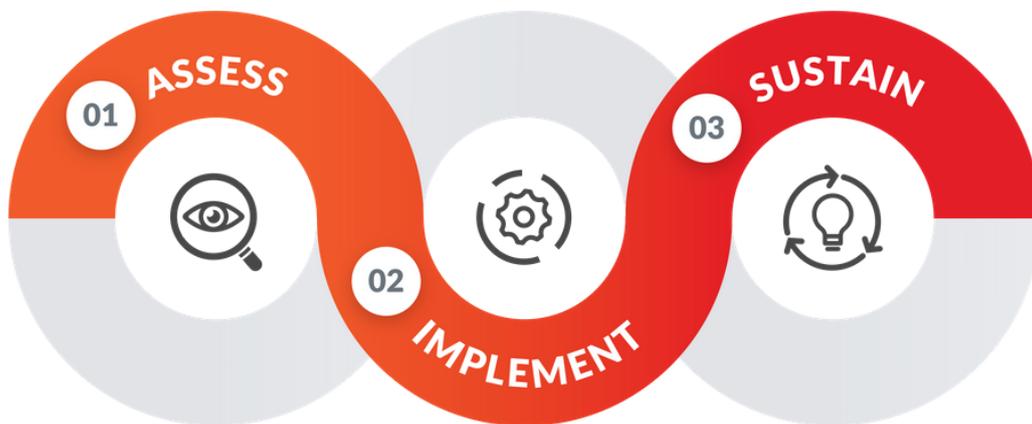


“ Traditionally manual handling training has been delivered in training rooms which does not simulate the real world. Worksite Fitness and Rehabilitation helped to create a program that simulated day-to-day jobs and reduced manual handling lost time injuries by 40% within the first year. ”

- 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. We'll also spend time onsite capturing pictures of your people carrying out the various tasks their jobs require.

This helps us paint a picture of the work environment and tailor the program to ensure the best outcomes achieved.

+ OPTIONAL: The findings of our initial assessment can be used to create a **Job Role Dictionary** (see page 5 for more details).



IMPLEMENT

Once we've tailored the program for the specific work environment(s), we're ready to carry out the training on-site. Designed to be delivered as a 4 hour workshop, options are available for alternative delivery methods.

Small groups of 10 or less are best for this program to encourage people's involvement in the sessions, and ensure each participant gets ample opportunity for observation and feedback.



SUSTAIN

The program concludes with a manual handling practical activity to check the competency of each participant and ensure they have the understanding they need to manage their musculoskeletal health and effectively manage any risks at work.

+ OPTIONAL: Choose to follow this program with one-to-one **Action in Motion** sessions after 3 months (see page 5 for more details) to provide additional individual coaching and support.



WHAT ARE THE BENEFITS?

- Preventative manual handling programs can significantly reduce injuries and incidents onsite – reducing costs for your business
- By focussing on personal risk, your people have more control over their musculoskeletal health
- Functional Movement Assessments are conducted with each participant to address any physical limitations and injuries
- The program content is tailored specifically for the tasks and job roles that exist in your work environment
- Small groups allow for ample coaching and feedback
- Participants must demonstrate that they can safely perform their job tasks at the conclusion of the program, helping the information to be transferred back to the work environment

WANT TO GET A PREVENTATIVE PROGRAM IN PLACE?

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



TRY ADDING ONE OF THESE...

Dynamic Back Care is just part of our Preventing Worker Injuries offering. It's often complemented with:

JOB ROLE DICTIONARY

An essential tool for businesses to help them fulfil their obligations to their people and reduce musculoskeletal risk in the workplace.

Breaking down each role in the business into its individual tasks – the Dictionary will highlight the physical demands of each job task and provide guidance and support to various stakeholders in the areas of Pre-Employment, Injury Management / Return-to-Work and Risk Management.

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.

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