

Ergonomic Assessments and Consultants

Postural related injuries account for a majority of workers' compensation cases seen in workers confined to seated workstations.

"8 out of 10 people who use a computer suffer from a soft tissue injury as a result" comcare.

QOL offers a variety of assessment tools to help reduce the risk factors associated with time spent desk bound.

What does an ergonomic assessment involve?

QOL Physiotherapy has a range of options to suit your company's needs including;

- Brief ergonomic assessment (10-15 mins)
- Comprehensive ergonomic assessment (35-45 mins)
- Thorough ergonomic assessments (60-90 mins)
- Interactive ergonomic training seminars (30-120 mins)

Our scope of service extends from "one off" desk ergonomic visits for a symptomatic staff member to "company wide" preventive ergonomic office projects and workstation training for large organisations.

Essentially we are able to offer services to suit any company's budget and safety requirements.

Contact QOL Physiotherapy on **(08) 9345 0842** to discuss options to organise YOUR Ergonomic Office and Workstation Training today



Simple effective changes that make a real difference to your employees' quality of life.

"I used to have headaches every day at work, and it really effected my performance. I couldn't sit for more than 30 minutes without having to stand up from my desk and move around. I couldn't concentrate on my work and I felt like I was letting the whole team down. My boss organized for the whole team to have an ergonomic assessment and I was surprised that after a few simple changes to my desk set up, my headaches dramatically reduced, and now I rarely have them! The Physiotherapists from QOL were fantastic! They not only gave effective suggestions for a better desk set up, but they also gave me stretches and general advice on how to prevent postural related pain. I would highly recommend everyone having an ergonomic assessment!"

- Kerrie Ledwith (Executive Assistant).



Benefits of Workplace Ergonomic Assessments

We believe that conducting an ergonomic assessment is a vital component to your workplace health and wellness program, as this one-off process is a cost effective way of addressing one of the major causes of workplace injuries and workers compensation claims.

Many people aren't aware that their headaches, neck pain and back pain may be caused by their poor sitting posture and workstation set up. Making ergonomic improvements will reduce the risks for MSDs (musculoskeletal disorders) and decrease their incidence in the workplace. Our formal report following the assessment helps employers to meet their duty of care as per the Work Health & Safety Act 2011.

In addition to safeguarding workers' health and wellbeing, making the ergonomic improvements recommended by our assessment will also:

- Increase concentration and productivity, as employees aren't distracted by aches and pains
- Decrease employee absenteeism
- Decrease employee turnover
- Lower workers compensation costs
- Provide duty of care to employees

Our assessments regularly identify small improvements to workplace ergonomics that bring about measurable results.

We recommend maximising the benefits of your workplace ergonomic assessment by putting your staff through our 1 hour office ergonomics training course, conducted on-site at your workplace.



“GET YOUR ERGONOMIC ACTION PLAN TODAY AND IMPROVE THE QUALITY OF LIFE OF YOUR WORKPLACE.”



2/65 Main St
Osborne Park
P: (08) 9345 0842
E: enquiries@qolhealthcare.com.au
www.qolphysio.com.au