

PHYSIO4ALL

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PHYSIO4ALL Ergonomic Services

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PHYSIO4ALL offers a range of individualised ergonomic services to the corporate sector. These are designed to help you meet your occupational health and safety responsibilities and provide a safe and comfortable workplace for your staff. Currently we have three packages available.

- 1. Ergonomics Training Workshop.**
- 2. Individual Workstation assessments.**
- 3. Ergonomic Overview/Snapshot of office ergonomics.**
- 4. Ergonomic Review on Appropriate Equipment Selection.**

1. Ergonomics Training Workshop

(5 hours for a maximum of 10 people)

This workshop will cover the following topics:

- Ergonomics – definition and scope.
- Risk analysis of the total office environment from an ergonomic perspective.
- Ergonomic principles specific to desk/computer workstations.
- Common design faults specific to desk/computer workstations.
- Practical session – focus is on using the Ergonomic Assessment Checklist included in each participant's manual. Each participant will have the opportunity to set-up a workstation for another participant using correct ergonomic principles.

Each participant will receive a manual which is designed as a resource for future reference. Each manual includes the Ergonomic Assessment Checklist, this is a set of simple and easy-to-follow guidelines that enable the user to identify potential risks in the office environment and assess and modify a workstation.

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2. Individual Worksite assessment

(Approximately 10-15 minutes per person)

PHYSIO4ALL will conduct an onsite visit and assessment of individual workstations and includes:

- Personal postural advice.
- Ergonomic adjustments to the workstation.
- Brief report on the workstation set-up with recommendations.
- Advice regarding relevant ergonomic equipment.
- Company report on ergonomic set-up on request

3. Ergonomic Overview/Snapshot of office ergonomics

Overview of the complete office environment. Our staff will:

- Assess workstation set-ups.
- Make an appraisal of the overall office environment.
- Advise on current ergonomic equipment.
- Provide a company report and recommendations regarding ergonomic set-up.

4. Ergonomic Review on Appropriate Equipment Selection.

Assessment, review and advice on specific equipment selection regarding choice of ergonomic chairs and other ergonomic equipment. This will include a report with appropriate and relevant information on the selected equipment. The set-up of trial equipment and trial questionnaires will also be arranged for your company. Physio4All will negotiate the best corporate prices as well as offer a choice of different equipment to best suit your company.

Investment: POA although our basic consulting fee is \$250.00 per hour exclusive of GST

For any further information please feel free to call us on 9922 2212. We look forward to hearing from you.

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