

**PHYSIO4ALL**

revitalise – bounce – be healthy

## **CORPORATE SERVICES**

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## The Working Environment

### Occupational overuse and overload injury

In the workplace, the sustained or constrained postures, repetitive movements and/or forceful movements typical of computer work and manual handling are commonly responsible for a very high percentage of workers compensation claims and lost time at work.

**In 2003/4, 1,282 occupational overuse claims were reported by WorkCover NSW. These claims cost a total of \$35.7 million at an average of \$27,882 and 14 weeks lost-time per claim.**

**In 2004/5, 44% of all work related injury and disease claims were sprains & strains of joints and adjacent muscles.**

**In 2004/5, 24% of all work related claims involved the back and of these 74% were the lower back.**

**Manual handling mechanisms accounted for 43% of all new work related claims.**

### NSW OHS Legislation

The *Occupational Health and Safety Act* was passed in 2000 with the stated aim of protecting people against risks to health and safety arising from the activities of their work. The burden of this responsibility is placed squarely on the employer in Section 8(1):

***“Employers and self-employed people must ensure the health and safety of people visiting or working at their places of work, ....by not exposing them to risk.”***

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## The Bottom Line

Workplace Wellness Programs in the USA have shown an average **ROI of a \$3 saving for every \$1 invested over a 3-5 year period** across different market sectors. OH&S programs will have a positive impact on the amount of overuse and overload injuries related to poor ergonomics and manual handling in your workplace. These programs will impact your Workers Compensation insurance premium by reducing workplace injury.



**PHYSIO4ALL** involves your company in a positive continuous journey that increases productivity and performance.

- Ensures compliance with OH&S requirements
- Reduces WorkCover expenses by reducing injury and accident rates
- Reduces the liability of directors and officers from litigation
- Reduces absenteeism, presenteeism and attrition rates
- Improves training and skills
- Improve morale, well-being and personal development

**PHYSIO4ALL will work with you to ensure that your company's health, safety and wellness goals are achieved beyond your expectations.**

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**PHYSIO4ALL** offers a range of professionally acclaimed programs to the corporate sector. These are designed to help you meet your occupational health and safety responsibilities, provide a safe and comfortable workplace for your staff as well as improve your company's wellbeing.

Currently we have a number of corporate programs available:

## 1. Ergonomics Programs

- Training Workshop
- Individual Workstation assessments
- Home based assessments
- Ergonomic Overview/Snapshot of office ergonomics
- Ergonomic Review on Appropriate Equipment Selection
- Posture Seminars

## 2. OHS Programs

- Policy, Procedure, Reporting, Monitoring and Review
- Auditing, Risk Assessments, Site inspections, Operational risk reviews
- Risk Management Training for Managers and Supervisors
- Consultation & Communication Training
- Online OHS Home Based Office Risk Services
- Return to Work Coordination

## 3. Manual Handling Training

## 4. Spinal Back Classes

## 5. Spinal Screening

## 6. Outdoor Exercise Classes

## 7. Health Seminars

## 8. Team Building Workshops

## 9. Executive Health Screening



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## **INVESTMENT - POA**

With the needs of every company varying dramatically our approach is one that recognizes these differences and therefore we'll design a program to specifically address your company's needs.

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

Yours sincerely,

**Steve Felsher**

**Director PHYSIO4ALL**

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## PHYSIO4ALL Accredited Professionals

### Steve Felsher

*Principal*

*B.Sc. Physiotherapy (Hons)*

*Member of APA. OHPA. PBA*

*Cert IV Assessment and workplace training*

*WorkCover Approved & Qualified Clinical Pilates Instructor*

Steve is our principal physiotherapist, whose impeccable physiotherapy results have earned him the right to treat athletes at the Sydney 2000 Olympic Games, the South African Olympic Soccer team and the Natal Sharks Super 14 Rugby team. He is a highly experienced professional having also owned his own Sports Physiotherapy practice in Durban, South Africa. Steve is known by his clients as a “stand out” for getting positive results, quickly.

Steve has years of experience consulting to the corporate sector in injury management and prevention. Due to spinal dysfunction and injury at the work place, Steve has designed a number of prevention programs that provide a safe, productive, healthy and enjoyable work environment that delivers a measurable return on investment.

### Corey Iskenderian

*B.Sc. PT Physical Therapy (Canada) & B.Sc. Anatomy (Canada)*

*WorkCover Approved & Qualified Clinical Pilates Instructor*

Corey completed both his Bachelor degrees of Physical Therapy and Anatomy at the McGill University in Canada. He decided to become a physiotherapist because of his strong interest in the human musculoskeletal system and its biomechanics, as well as his aspiration to help people in need.

Corey has had vast experience in sports injury management, working with professional athletes in injury management as well as strength and conditioning. Corey has a real interest in Ergonomics and over the last few years has been instrumental in helping manage a number of clients who have presented with chronic conditions and injuries related to poor workstation ergonomics and posture.

### Dani Salomon

*B.Sc. Physiotherapy (HONS)*

*WorkCover Approved & Clinical Pilates Instructor*

Dani graduated from Wits University in South Africa. Her strong interest and appreciation of human anatomy and physiology resulted in her receiving the Philip Tobias award for the top Anatomy student. After completing her studies, she gained experience in a wide range of musculoskeletal, neurological and cardiopulmonary conditions working at one of the largest public hospitals in the Southern hemisphere. She also has a special interest in continence rehabilitation and Women's Health.

Dani enjoys keeping fit and therefore understands people's desires to keep active and healthy. It is therefore her passion to help her clients achieve their goals in sport, work, or daily life.