



PHYSIO4ALL ERGONOMICS

PHYSIO4ALL offers a range of individualized 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 four 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

(Time allocated for training is dependent on the number of participants)

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.



2. Individual Worksite assessment

(Approximately 30 minutes per assessment. For larger groups we will reduce assessment time to 15 - 20 minutes per assessment)

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

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

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:

All our services are priced on application and we quote in accordance with the job required, number of participants, assessments, and time required. For further information please contact our reception on 02 9922 2212, or via info@physio4all.com.au.