



Did you know...

1 in 3 injuries

to Australian workers are caused by manual handling or repetitive, awkward postures? **These can be prevented.**

Learn how to identify & manage risks

in your workplace and reduce the human and financial cost to your business

Invest in your business with a long term strategy for **workplace wellness.**

Call **1300 856 440** to chat with our friendly, experienced team.

Injury Prevention & Workplace Ergonomics

On-site training provided by Work Rehab's experienced consultants is delivered in a professional and interactive format, referencing CURRENT evidence based strategies, making our training relevant and beneficial for both Employees and Employers alike.

We pride ourselves on delivering training that promotes a healthy and productive workforce.

Our education sessions on Injury Prevention cover a comprehensive explanation of topics such as :

- What are Workplace Ergonomics and what does it mean to you
- Understanding bio-mechanics of the human body
- What is Workstation Wellness and what are the benefits
- Identifying risks at my workstation and in the workplace
- Safe Work Practices
- How to recognise signs and symptoms of musculoskeletal injuries
- The importance of **all Employees** taking an active part in injury prevention
- How do we make this a long term strategy to prevent employee injuries

We encourage the training of all senior staff to empower them to, in turn, train all employees. This creates **Ergonomic Champions** in your workplace.

We personalise and adapt our delivery to suit the specific needs of your organisation and your people. **Call us today**, chat with our knowledgeable, experienced staff and discover how we can add benefit to YOUR workplace.

Work Rehab operates in Queensland, New South Wales, Australian Capital Territory and South Australia. We are a Comcare and state-specific accredited workplace rehabilitation provider, and provide services across most CTP and Life Insurance domains. Our vision is to be Australia's preferred provider by delivering exceptional, innovative and personalised rehabilitation services.