

Changing people's lives

Workplace Ergonomics

A Corporate Health Management service.

Creating Safe, Productive Workspaces.



CHM's Ergonomic Assessment Options

CHM's Workplace Ergonomics service is dedicated to optimising workplace environments for the wellbeing and productivity of your employees. Our team of experienced Physiotherapists, Osteopaths, and Exercise Physiologists is here to guide your organisation toward a healthier and more efficient workspace.



Onsite One-on-One Ergonomic Assessment



Online One-on-One Ergonomic Assessment



Ergonomic Sweep



Onsite One-on-One Ergonomic Assessment

At CHM, we understand the significance of a comfortable work environment. Our Onsite One-on-One Ergonomic Assessment is designed for an employee who may or may not be experiencing pain/discomfort. This comprehensive 60-minute assessment allows the CHM health practitioner to assess the worker at a standard computer-based workstation and make suggestions to prevent or minimise risk factors present.

During the assessment, we meticulously examine the employee's workstation, identifying potential risk factors and offering proactive solutions. Our approach is not just about identifying problems; it's about empowering your team to prevent them and promoting a healthier, more productive workspace. The practitioner then spends an hour preparing a report which includes:

- Task summaries
- Employee concerns
- Identified issues and hazards
- Workstation modifications
- Links to recommended ergonomic accessories
- Details on existing injuries and complaints
- Advice from our practitioner
- Any necessary referrals for specialised care



Online One-on-One Ergonomic Assessment

These individual 1-on-1 30 minute or 60 minute assessments are designed for healthy individuals who have no current musculoskeletal injuries. The purpose of these assessments is to assist employee's in ensuring their workstation environment is appropriately set up, by providing advice and recommendations based on their individual available space, equipment, and resources. Strategies to reduce the risk of developing an ergonomic related injury whilst working may also be discussed throughout the assessment. These sessions will be delivered via a Teams video or mobile phone and will require the completion of an online pre-assessment form.

Following the video assessment, the employee will be able to access a detailed summary report that highlights what was discussed and will also detail any recommendations for additional ergonomic equipment that the employer may consider purchasing for the employee.



Ergonomic Sweep

CHM's Ergonomic Sweeps are precision in action, conducted efficiently in just 15 minutes per person or workstation, covering a level or floor at a time. Our seasoned practitioners utilise a systematic checklist to ensure optimal workstation setup where attention is given specifically to correct monitor placement, desk/chair height, phone position etc.

It's a proactive measure that averts injuries stemming from poor ergonomics. These sweeps translate to reduced costs, heightened productivity, elevated work quality, increased employee engagement, and a fortified workplace safety culture. At the completion of the sweep a formal report is provided to your organisation highlighting the most common issues identified and recommendations to counter these issues.



Why Get Ergonomics Assessments?

Issues and challenges companies now face.



Organisation Risks



Workplace Ergonomic Solutions

Increased Workplace Injuries: Without ergonomic assessments, employees may suffer from workplace injuries due to poorly designed workstations, leading to potential musculoskeletal disorders (MSDs) and accidents.

Identify and Mitigate Hazards: Ergonomic assessments identify and rectify potential hazards in workstations, reducing the risk of workplace injuries.

Decreased Employee Productivity: Inadequate ergonomics can cause discomfort, fatigue, and distractions, resulting in decreased productivity and efficiency among employees.

Enhance Comfort and Focus: Proper ergonomics improve comfort, reduce discomfort-related distractions, decrease fatigue, and promote focused and efficient work.

Rising Workers' Compensation Costs: Work-related injuries can lead to higher workers' compensation costs, increased insurance premiums, and potential financial strain on the organisation.

Control Costs: Ergonomic assessments help prevent costly workplace injury claims, lower insurance premiums, and demonstrate a commitment to employee wellbeing, thereby controlling costs.

Low Employee Morale and Job Satisfaction: Employees working in uncomfortable environments may experience low morale and reduced job satisfaction, which can impact overall organisational culture and employee retention.

Boost Morale and Satisfaction: Ergonomic improvements boost employee morale, enhance job satisfaction, and create a positive, health-conscious organisational culture.

Legal and Compliance Issues: Failure to address ergonomics can result in legal and compliance issues, including fines and potential liabilities for workplace injuries.

Legal Compliance: Ergonomic assessments ensure compliance with workplace safety regulations, reducing the risk of fines and legal liabilities.

Reduced Employee Engagement: A lack of attention to ergonomics may lead to reduced employee engagement and involvement in wellness initiatives, affecting overall workplace cohesion and performance.

Promote Engagement: By showing concern for employee health and comfort, ergonomic assessments encourage active participation in workplace wellness initiatives, fostering a sense of belonging and commitment.



Work-related injuries and illnesses cost \$28.6 billion annually.

- Australian Institute of Health & Safety, 2022

During the 2021-22 financial year, 497,300 people had a work-related injury or illness, with 66% of them having time off work.

- Australia Bureau of Statistics, 2023

Workplace Ergonomics

Keeping yourself and your staff safe at work and beyond

'Work-related injuries and illnesses occur in every industry, occupation, and sector. While the risks differ by industry and occupation, the prospect of becoming injured or unwell because of work has the potential to impact the people in every job in Australia.'

- Deloitte Access Economics, on behalf of Safe Work Australia, 2022



"A safe workplace isn't just a responsibility; it's an investment in your team's wellbeing and productivity."

- Senior Health & Safety Manager

Investment

Onsite One-on-One Ergonomic Assessment + Ergonomic Sweep options

Depending on your business needs and requirements, please contact us today for a free quote that best works for you and your people.

Contact

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CHM

Corporate Health Management is one of Australia's leading providers of corporate health services. We have worked with hundreds of organisations, and thousands of individuals, providing a diverse range of health and wellbeing services.

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