



WHS Training Specialists
COURTENELL Pty Ltd
as Trustee for the Vowles Family Trust
ABN 42164393628
ACN 050109281
PO Box 622, Broadway NSW 2007
Suite D Level 1, 176 Parramatta Road
Camperdown NSW 2050
train@courtenell.com.au ~ www.courtenell.com.au
Fax 02 9516 3644 ~ Phone 02 9516 1499

WORKSTATION ERGONOMIC ASSESSMENT

Aims To improve morale of office workers and reduce workers' compensation insurance by assessing individual workstations and providing workers with personalised knowledge and techniques to ergonomically adjust their workstations.

The Assessment

This service is appropriate for situations where:

- workstations have been moved and need to be assessed and set up correctly
- workers are experiencing discomfort at their workstation
- a worker has had an injury and is returning to work, the purpose being to assist recovery from injury.

The assessment is performed by a health professional, such as a chiropractor who has their own chiropractic practice, and, is qualified and experienced in bio-mechanics and workstation ergonomics, and experienced in restoring function to patients and treating workers compensation cases.

The service includes:

1. Prior to the assessment, provision of a self assessed discomfort survey to the workers (to be filled out and given to the assessor).
2. Inspection and assessment of the worker's workstation and work requirements, with reference to the discomfort survey.
3. Discussion with verbal recommendations, guiding the employee to an understanding of how to implement the recommendations.
4. Provision of a written report.
5. Follow up services available: telephone assistance to implement the recommendations, assistance with acquisition of any additional item needed ie footrests, lumbar support pillows or document holders, one follow up visit to assist staff to correctly implement additional items if needed.

This program can be tailored to meet individual requirements.

Duration 10 ergonomic assessments to be conducted in a 2 hour time period.

Trainer A qualified health professional such as a chiropractor, physiotherapist or occupational therapist experienced in bio-mechanics & manual handling issues.

Cost \$1100 + gst (\$1210 incl gst), for 10 ergonomic assessments and report (up to 10 attendees)