



## Ergonomic Workstation Assessments

Altius Group's team of health professionals provide tailored assessments to ensure ergonomics create an optimal match between employees, the work they perform and the equipment they use.

Our professionals check, with fresh eyes, individual ergonomic set ups on site and recommend changes or adjustments in line with ergonomic principles.

Our services range from simple ergonomic assessments to more comprehensive consultations for those experiencing pain or symptoms. Altius Group also offers treatment plans for physical concerns relating to workplace ergonomics.

Safe Work Australia's compensation-based statistics on work-related musculoskeletal disorders reported 360,180 claims over a recent five year period. Over 15% of these claims were lodged by a combination of Sales Workers, Clerical and Administrative Workers and Managers.

At Altius Group we understand the role ergonomics can play in reversing the impact of potential problems and how early intervention can help find the right solution. We also know it is important to review the effectiveness of ergonomic strategies to ensure positive changes continue to benefit organisations for the long term.

### Our Ergonomic Assessments Benefit Organisations:

- Promoting health, efficiency and **wellbeing** in employees.
- Decreasing the risk of injuries common to office workers and **reducing** claims.
- Supporting workers to increase output with less effort, **boosting productivity** and morale.
- **Decreasing** staff turnover and absenteeism due to issues arising from poor ergonomics such as headache and fatigue, concentration difficulties, negative postural changes and poor tolerance to workload.
- **Empowering** employees to adopt an **ergonomic ethos** for the longer term.

## Types of Ergonomic Assessments:

- Worker's Compensation Workplace Assessment (Ergonomic): for WorkCover claims where an assessment has been requested and the duties are office-based. We provide full reports and can assist with equipment needs.
- Non-Worker's Compensation Ergonomic Assessments: requested by the employer, often when a worker has indicated symptoms or a problem that has not progressed to a worker's compensation claim, or as part of WHS practice.
- A Mini Ergonomic Checklist Assessment: often conducted for several workers at once for cost efficiency, perhaps as part of a new worker induction or as a foundation for WHS strategies.

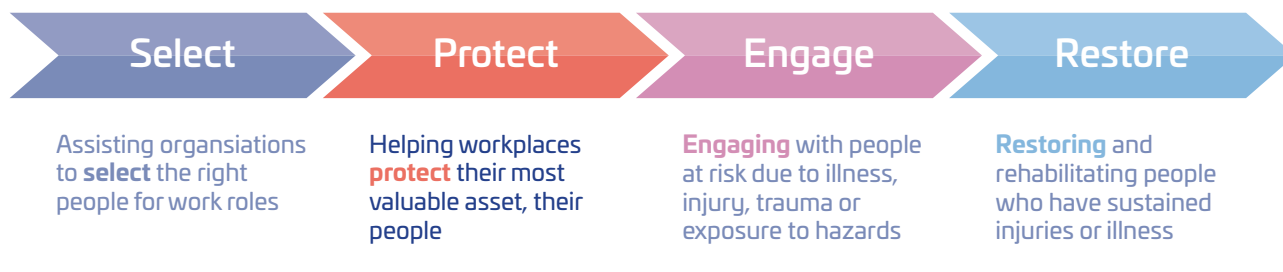
## Prevention Through Education

Our team of health professionals partner with organisations to educate their employees and encourage an 'ergonomics ethos' through promotional support materials and tailored Workplace Ergonomics Training. Our Ergonomics Workshops arm employees with the information they need to create a better match between themselves, the work they perform and the equipment they use.

## Assessments and Recommendations

Determined by the individual, the organisation and the work performed, our assessments and recommendations may include:

- An **assessment** of task requirements, worker capacity and abilities and the overall organisation of work.
- Careful **observation** and discussion with workers as well as reviewing any information on hand such as accident, injury and illness statistics and data on productivity.
- An assessment of workplace **equipment design** in relation to how it matches work requirements and whether it enables an employee to work healthily and efficiently.
- An **objective evaluation** of hazards and risks within the workplace, such as noise, poor visibility and environmental conditions.
- A **closer look** at tasks with high repetition, at work performed over an extended duration as well as any task requiring a level of force.
- Identifying and correcting poor postures, through **education**. Our team assesses overhead stretching/stooping/reaching, kneeling, crouching, asymmetrical activities.
- A **discussion** of cognitive demands, such as new technology and responsibilities.
- Recommendations for change and **ongoing support** to ensure ergonomic adjustments are adopted for the longer term.
- More **comprehensive assessments** may be recommended to those experiencing pain or symptoms, or those likely to experience issues in future.



## Get in touch with us:

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