



Tailored Education and Training Workshops  
**Workplace Ergonomics**  
for the Office Environment

Altius Group provides tailored Workplace Ergonomics training to arm employees with the information they need to create a better match between themselves, the work they perform and the equipment they use.

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.

### Our Ergonomics Training:

- Promotes health, efficiency and wellbeing in employees.
- Decreases the risk of injuries common to office workers.
- Boosts productivity and morale by supporting workers to achieve greater output with less effort.
- Assists in decreasing staff turnover and absenteeism

Designed and presented by our team of physiotherapists, occupational therapists and exercise physiologists, our training aims to foster an ergonomics ethos at all levels of an organisation.

### Based on sound ergonomic principles, our workshops:

- Educate employees on **power positions** - the optimal positions in which to complete tasks.
- Cover safe work postures, appropriate working angles of the upper limbs, sitting positions, viewing angles and **optimal** workstation layout.
- Explore the duration of work, **balancing** the physical and mental demands of tasks, the importance of stretch breaks and regular posture variation.
- Examine **ergonomics principles** and how they apply to individual working arrangements such as hot desking.
- Discuss the **benefits** of standing as well as the advantages, disadvantages and management of standing desks.
- Provide guidance on how to make basic **ergonomic adjustments** to workstations.
- Train employees involved in lifting, pushing, pulling and carrying as part of their work on correct manual task handling - focusing on **correct postures**, positioning and breathing.
- Allow time for discussion on ergonomic issue **specific** to each workplace.

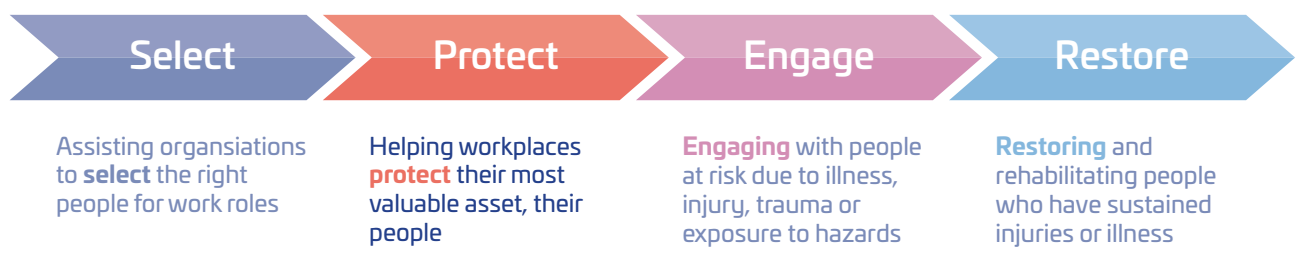
Altius Group also offers **Ergonomic Workplace Assessments** and **Home Office Assessments** to check individual ergonomic set ups on site and recommend changes or adjustments in line with ergonomic principles. Our experienced team works with a range of industries and organisations and individuals with varying needs. From simple ergonomic assessments to more comprehensive consultations for those experiencing pain or symptoms, for workplace ergonomics, we've got you covered.

## Partners in Employee Protection

From Employee Assistance Program Counselling, Work and Wellness Programs, Climate Surveys and Mental Health Programs to Home Office Assessments, Ergonomic Training, Human Factors Analysis and Psychosocial Risk Assessments – Altius Group offers a wide range of services designed to help you protect your most valuable asset, your people.

At Altius Group we are all about helping you to champion a positive health and safety culture within your organisation. Our medical and allied health professionals have a solid understanding of how to engage with employees to build and sustain healthy teams of people and a productive, successful workforce.

Industry based evidence and insight, conversations with our clients and our connections within the industry, enable us to stay ahead of emerging needs to deliver holistic support services to organisations across the **lifecycle of their people's employment.**



Get in touch with us:

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Rehabilitation  
Services  
by Altius