



Work Place Health Promotion 4“E” Program



Adding Value to Your Work Place

PHYSIO ASIA
will identify and find solutions
for the **ERGONOMIC RISK
FACTORS** at your workplace
and help improve the comfort
and well being of your
employees.

Our **ERGONOMIC TRAININGS**
and **SERVICES** are efficient,
economical and practical.



Work Place Health Promotion Solutions

BENEFITS FOR THE ORGANISATION

- *Reduced absenteeism and increased work efficiency.*
- *Decreased accidents, fewer insurance and worker compensation claims.*
- *Healthier and energizing working environment.*
- *Increased health awareness among the employees and reduced health care cost.*
- *Educational and motivational to employees.*
- *Cost effective solutions to reach a wider workforce.*

BENEFITS FOR EMPLOYEE

- *Employee feels valued by employer.*
- *Gain access to specialist healthcare professionals.*
- *Opportunity to raise concerns and get advice.*
- *Learn recognized wellness*

If you are looking for a corporate contract for your company's ergonomic needs or for a single work station assessment and improvement, Physio Asia is the source for professional advice.

Our physiotherapists will use their knowledge to help you improve your company's bottom-line. We surely make it our business to know your business and offer the best economic solutions for the ergonomic needs of your employees to create a positive work environment.

Physio Asia's work health program covers everything from pro-active ergonomics, musculo-skeletal injury prevention, to rehabilitation of existing conditions. Our solutions bring back your employees to work as fast as possible. We provide a full spectrum of integrated work place ergonomic education to regular physiotherapy treatment.

Call us today and we'll be glad to provide you the details on our corporate packages.

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WORK PLACE HEALTH PROMOTION 4 "E" PROGRAM

People in desk bound jobs spend a lot of time sitting in front of computers or phones while those in manufacturing may have prolonged equipment operation, manual handling of tools, lifting or awkward postures. It's common to hear people talking about their headaches, neck and shoulder pains, backaches or wrist pains, etc for which they may need medical attention and probably days off work , adding on to the company's healthcare expenses.

"Prevention is better than cure".

Physio Asia's Work place health promotion is a proactive approach to prevent, reduce and eliminate such ergonomic hazards in an organization. It's not possible for an organization to set up a work station meeting each individual's need. Our 4 "E" program offers low cost or no cost solutions to make the work environment more comfortable for the employee to achieve optimum function.

The company can thus achieve increased productivity and efficiency with a happy and healthy workforce. .

We also aim at developing risk reduction strategies where required and practical ways to avoid injuries and help healing the existing injuries. Improving work positions and conditions and making them safe and healthy is in favor of the companies, their employees and also to the society at large.

EDUCATION

Ergonomics in the workplace is to ensure an optimum fit between workers, the work they do, the tools they use and their work environment. Our Ergonomic education presentations are designed to fit the various activities of different departments and different personnel.

Employees will learn to analyze and control risk factors for musculoskeletal disorders or repetitive strains. Integrate employees with existing musculo- skeletal injuries into the workplace and to find solutions to improve their workplace ergonomics.

EVALUATION

Each department in an organization has different work space structure. Our physiotherapists will do an assessment of individual department.

Our evaluation comprises of

- Ergonomic risk assessments of work station layout.
- Injury or illness records of the staff will be reviewed to identify Ergonomic related concerns with tasks and work stations.
- We also conduct a risk assessment and employee discomfort survey.

Once the Ergonomic risks are identified in different departments we will prioritize the issues and communicate to the management.

We may use specific assessment tools like our SCORES program for those identified with back and neck problems.

EFFICIENCY

Our efficiency improvement solutions are mainly based on optimizing employee's safety and productivity.

After this process one must feel an improved interaction in the work space alignment and support.

We perform:

- Review of adjustments of office furniture currently in use.
- Recommend modifications and on the spot corrections in the work posture.
- Recommend adaptive equipment if required.
- Provide handouts on positioning and efficient workspace handling.

ENDURANCE

Exercise techniques for improving endurance for those who have poor postural habits or have been exposed to risk factors.

Techniques introduced are

- General Fitness and Conditioning exercises.
- Relaxation techniques, Breathing exercises.
- Stretching exercises.
- Strengthening exercises for specific Repetitive stress injuries.
- For employees with weak core stability we can also use Real-time ultrasound and our proprietary techniques like Achievo Pressure Bio feedback. These provide them with an audio and visual feedback to see if they are targeting on the right muscles and exercising to improve their endurance and strength.