

## Ergonomic Assessment

The focus of ergonomics is to ensure individuals are provided the maximum support and comfort during their time at work while enabling them to work efficiently and safely. Working Life provide this service based on empirically supported evidence and by: 1) providing education and encourage behavioural modifications to minimise harm, 2) review and change of office equipment, and 3) implement necessary ergonomic equipment.



### Services

- **One-on-one Assessments** – Thorough assessment of an individual's work station and job requirements, accounting for presenting issues and other impacting factors. Sessions last between 30-60min. Findings, suggested changes and any additional recommendations are detailed in subsequent report for your records.
- **Group Assessments** – an identified group / team are selected for assessment by you. Each receive an individual assessment of their work station with changes and recommended made. Each session is ~15min, but allow for a greater number of workers to be assessed at once. An overview report is provided detailing key findings and recommendations for everyone.
- **Education Session** – A presentation or education session on appropriate ergonomic principles. The goal is to empower individuals with a broad understanding of ergonomics, allowing them to make basic adjustments to their own work station. Sessions allow for communication of ergonomic principles to a larger population (>10) in a relatively short period (30-60min).

If you would like further information regarding Ergonomic services which Working Life can provide contact **Working Life – Organisational Consultants** on 1300 369 072 or email [mail@working-life.net](mailto:mail@working-life.net)