



PREVENTATIVE INTERVENTION PROGRAMS

TeamHealth Chronic Disease Risk Reduction

TeamHealth checks will form part of your organisations health snapshot. Undertaking TeamHealth checks on a regular basis will enable you to measure and track the organisations health scored against the 8 chronic disease risk factors:

- | | |
|----------------------|-------------------|
| 1. Blood pressure | 2. Diabetes risk |
| 3. CVD Risk | 4. Body shape |
| 5. Smoking Status | 6. Healthy Eating |
| 7. Physical Activity | 8. Cholesterol |

This chronic disease risk data can then be correlated against statistics on absenteeism, injury rates and staff turnover to show a valuable ROI.

{ Unhealthy workers take 9 x more sick days per year than healthy workers. ⁽¹⁾ }

{ The average reported reduction in injury rates and claims by organisations involved in health and wellbeing programs is 50%. ⁽²⁾ }

{ For every dollar invested in workplace health and wellbeing programs, there is a return on investment of between \$3 and \$6. ⁽³⁾ }

(1) - Medibank Private 2005 The Health of Australia's Workforce

(2) - Hooper, P. Bull FC 2009. Health active workplaces. Dept Sport and Recreation. WA Govt. Perth

(3) Bellow. B 2008, Primary prevention of chronic disease in Australia through interventions in the workplace setting. DHS, Victoria

Our Approach

We deliver a step by step approach to workforce awareness, injury prevention and risk minimisation:

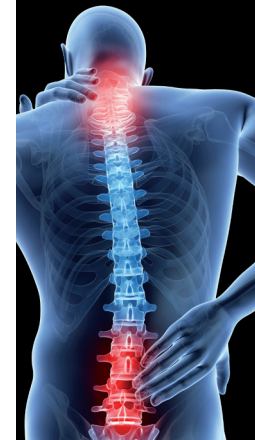
1. Identification and an awareness of the need to change behaviour/s.
2. Education of the underlying causes leading to injury, dysfunction or disease.
3. Practical solutions to improve manual handling, ergonomics, physical conditioning and to reduce the risk of chronic disease.
4. Our strategies and engagement initiatives support and reinforce steps 1-3 in an ongoing capacity.
5. Completely customisable and designed for either group or individual at risk workers the program comes with resources and will bridge the gap between theory and practice.



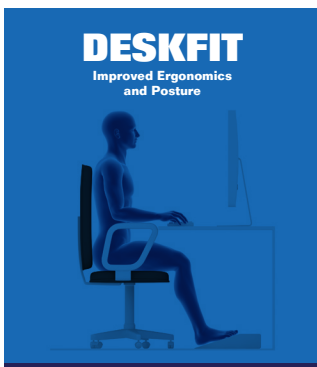
PACE Health Management
 HEAD OFFICE 24 Yuille St, Frankston 3199
 PHONE (03) 9770 6770
 FAX (03) 9770 6776
 EMAIL info@pacehm.com.au
 WEB pacehm.com.au



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 YOUR HEALTHY LIFESTYLE



Reduce injury rates and chronic disease risk through improved awareness, education and self management.



Lite n' Easy
Preventative Intervention Program



QUICK DESK CHECKLIST

- Chair** - Hips higher than knees, back rest supporting middle of back
- Eyes & Shoulders** - In line with top of monitor and shoulders relaxed
- Elbows & Wrists** - At right angle, close by side and relaxed
- Keyboard & Mouse** - Within 15cm of the edge of the desk and centred to the monitor
- Posture** - 100 second micro-breaks, rest stretches, and core stability exercises

Building a healthy workplace culture
www.pacehm.com.au PH: 9770 6770

“
In 2014, 647 employees (from various industries) participated in our Preventative Intervention Programs. 95% agreed it was beneficial to them. 93% agreed they would maintain the injury reduction strategies they learnt.
”

MICRO-BREAKS

Micro-Breaks is designed to use the opposite movements, muscles and postures to those used in your work. These correct muscle imbalances, keep you alert and reduce risk of injury.

100 seconds EVERY 30 minutes

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Key points:
- Micro-breaks should occur every 30 minutes
- Stand upright
- Stretch high and wide
- Relax
- Core bracing forward
- Relax
- Feet hip width apart
- Feet hip width apart
- Feet hip width apart

DRIVEFIT

A PROACTIVE PREVENTATIVE INTERVENTION PROGRAM FOR OCCUPATIONS REQUIRING DRIVING OF CARS, BUSES AND TRUCKS.

Proactive Preventative Intervention Program

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DeskFit

Workspace and ergonomic training with a difference! Our DeskFit program strives to empower team members to minimise the risk of repetitive strain injuries.

Completely customisable, and designed for either group learning or individual consultation for at risk workers, this program will bridge the gap between ergonomic theory and human biomechanics.

The DeskFit program will:

- Accurately assess an employees workspace (desk, workbench, line etc).
- Provide individual recommendations toward optimal ergonomics and body positioning.
- Coach the employee for improved postural stability and alignment.
- Introduce the Micro-Breaks initiative - designed to maintain body awareness and reduce the load of repetitive strain.

“

Excellent training workshop and fantastic workplace and take home resources for our staff. We will definitely be doing this program again!

”

HR Manager - 2014

BackFit

Do you need a new approach to manual handling training? Our predominately practical BackFit program not only teaches this - but empowers your workforce to take control of their movements and their bodies.

The BackFit program will:

- > Raise awareness of correct and safe manual handling, optimal posture, core stability and injury prevention strategies in their workplace.
- > Highlight the potential physiological risks and impact of injuries associated with poor posture, incorrect manual handling techniques and repetitive movements.
- > Engage and empower each staff with increased knowledge of preventative intervention along with physical awareness and preparedness to address the strategic safety objective.
- > Facilitate the development of a workplace culture that supports preventative intervention objectives and company policies.
- > Introduce the Micro-Breaks initiative - designed to maintain body awareness and reduce the load of repetitive strain.

DriveFit

Smaller/Larger/Forklift/Plank Vehicles

Our Drivefit program strives to empower team members to minimise their risk of injuries and improve their health, productivity and well-being. The program covers vehicle ergonomics, manual handling (in and around the vehicle) and includes practical injury prevention initiatives (warm ups, stretching and self massage and a home exercise program).

The Drivefit Program will:

- > Raise awareness of optimal posture/movement strategies, vehicle ergonomics, strategies for working within the vehicle, manual handling and practical exercise based injury prevention.
- > Highlight potential physiological risks which may arise with less than optimal vehicle ergonomics, manual handling or lack of preventative exercise.
- > Engage and empower each team member with knowledge and practical skills to improve physical preparedness and awareness to address specific safety objectives.
- > Facilitate the development or reinforcement of a workplace culture that supports preventative intervention objectives and company policies.
- > Introduce Microbreaks exercise initiative designed to maintain body awareness, balance and reduce injuries.