

Ergonomics is the process of designing and arranging workplaces, products and systems so they fit the people who use them.

The importance of good ergonomics is highlighted by Safe Work Australia statistics, identifying sprains, strains and musculoskeletal disorders as the most common type of injury in Australian workplaces.

LGIS has a range of ergonomic assessments and workshops designed to assist local governments with reducing risk to workers health and wellbeing through poorly set up work environments.

LGIS ergonomic assessments

An ergonomic assessment is designed to assess a worker's environment to ensure they are correctly set up, thereby minimising the risk of injuries, aches or pain, and maximizing productivity.

The LGIS injury prevention team is specialised in assessing the workstation and making adjustments and recommendations to ensure it suits the worker. Below is a list of the range of ergonomic solutions available through LGIS.

An individual report will be completed following each assessment, which will include recommendations for changes, and will outline any new equipment that may be required.

Basic ergonomic assessment (15 minutes)

- ▶ Designed for workers with no pre-existing pain or discomfort.

Comprehensive ergonomic assessment (30 minutes)

- ▶ Suitable for workers currently experiencing pain or discomfort.

Sit-stand workstation assessment (30 minutes)

- ▶ Designed for workers new to using a sit-stand workstation to ensure the set up for both seated and standing positions are suitable, and to educate the worker on using the workstation effectively and safely.

Vehicle/plant ergonomic assessment (30 minutes)

- ▶ Spending long hours driving in a static posture can lead to pain and discomfort. This assessment is designed to ensure safe and appropriate sitting postures when driving or operating.

Home office workstation assessment (30 minutes)

- ▶ Designed for computer-based workers, who work from home, to ensure their workstation and environment is set up in line with ergonomic principles.



LGIS ergonomic workshops

LGIS ergonomic workshops are designed to train groups of workers on ergonomic principles and how to set up their own workstation or work area. The workshops include a mixture of theoretical and practical components, allowing workers to put what they have learnt into practice under the guidance of a specialist.

Ergonomic workshop

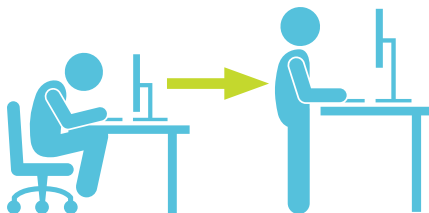


The aim of this workshop is to provide workers with information to confidently adjust their own workstation. The workshop will provide education and awareness on the following:

- ▶ What is ergonomics?
- ▶ What are the benefits?
- ▶ The importance of posture
- ▶ The dangers of prolonged sitting
- ▶ At desk stretches
- ▶ 11 step workstation checklist

Following the workshop the consultant will observe attendees adjusting their workstation to confirm participants' understanding of the information presented.

Ergonomic workshop sit-stand workstations



Studies of sit-stand workstations have shown they can assist to reduce sitting time. However it is important workers are aware of the best ergonomic principles to ensure they utilise their sit-stand workstation effectively and safely.

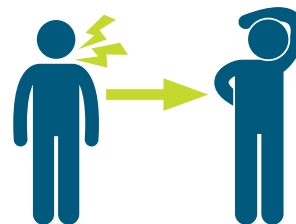
The workshop will provide education and awareness on the following:

- ▶ What is ergonomics?
- ▶ Key benefits of a sit-stand workstation
- ▶ How to use a sit-stand workstation effectively
- ▶ How to set up both sitting and standing positions
- ▶ Injury prevention tips to ensure a safe and productive workplace

Following the workshop the consultant will observe attendees adjusting their sit – stand workstation to confirm each participant's understanding of the information presented.

LGIS will work closely with your local government to ensure the content of the workshop is relevant to your specific equipment and office layout.

Plant Operator ergonomic workshop



This workshop is designed to address health and musculoskeletal risks specific to plant operators. The aim of the workshop is to provide workers with information to confidently adjust their plant and equipment to suit themselves, following best practice ergonomic principles.

The workshop will provide education and awareness on the following:

- ▶ What is ergonomics?
- ▶ What are the risk factors of plant operating
- ▶ Injuries and statistics
- ▶ Access and egress
- ▶ The importance of posture and what is 'at-risk'
- ▶ Setting up your seat
- ▶ In-cab stretches and importance of taking breaks
- ▶ Things to consider when purchasing equipment

Following the theoretical component, the consultant will take the group through some practical activities including:

- ▶ Observation of a machine ergonomic assessment including discussion on issues and possible controls
- ▶ Opportunity for participants to undertake an assessment in small groups

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These workshops are designed for a minimum of 5 and maximum of 25 employees.

The information in this document is of a general nature only and does not constitute legal advice. You should discuss the above information and your particular circumstances with your advisors before making any decisions.