

Ergonomic assessments and workshops

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 maximising 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.

Telehealth ergonomic assessment (20min)

- Using Zoom as a platform, our Injury prevention team can help workers setup and adjust their workstation via a telehealth assessment. This can be provided for both office and home workstations.

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.

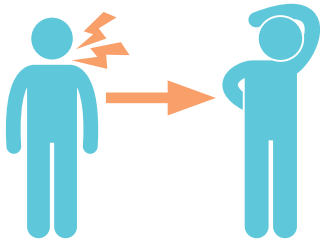


Chair audit

- Are the chairs within your offices starting to look old and tired; or are workers complaining of 'poor' chairs? Our Injury prevention team can complete an audit of the chairs within your organisation. This is a proactive way to ensure all workers are provided with good quality ergonomic task chairs, improving worker health, wellbeing and productivity.

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.



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, 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.

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.



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

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