



Chair

3 lever adjustment, adjustable lumbar support, supportive seat pan, 5 base support

1. Become familiar with the features of your chair.
2. Adjust seat pan length to 2-4 finger space between the seat pan and the back of the knee, when sitting back in chair.
3. Adjust chair back rest height to support the curve of the lower back.
4. Adjust back rest angle or seat tilt to have 90°-100° at your hip joint.
5. Lower armrests so your arms hang naturally by your side, or remove if they prevent access.
6. Ensure the seat cushion still provides adequate support and there are no malfunctions



The prevention program supports local governments in mitigating the risk of manual task related injuries across the sector. The program delivers a participatory approach to the control of manual task related injuries, in line with WHS 2022 regulations - Part 4.2, and WorkSafe WA Code of practice – hazardous manual tasks.

In response to current and emerging scheme risks, the prevention program delivers targeted prevention and wellbeing strategies for members, whilst providing expert advice and resources focusing on mitigating injury risk and improving wellbeing across the WA local government sector.

Prevention workshops

Workshops run for 60 – 90 minutes
(5 person minimum / 20 person maximum)

Hazardous manual tasks (HMT)

Manual tasks are the leading cause of workplace injury, particularly musculoskeletal disorders (MSD) such as strains and sprains. This session will highlight hazardous manual tasks for specific job roles and guide participants through a simple risk management process to help identify hazards and implement effective controls to help mitigate injury.

Operator prevention and wellbeing

This session is targeted at operators, and provides a holistic approach to prevention of injury, incorporating hazardous manual tasks, machinery / cab ergonomics, stretching and other practical prevention and wellbeing strategies.

Ergonomics awareness (office and machinery)

This session focuses on ergonomics and provides attendees with a solid understanding of what ergonomics is and why it is an important and effective strategy in reducing musculoskeletal injury. LGIS tailor sessions to office workers, drivers and plant operators, and provide practical self-assessments and recommendations to improve individual ergonomic set up.

Preventing slips, trips, missteps and falls

Slips, trips, missteps and falls account for approximately 40% of all body stressing claims across the local government sector, with parks, machinery operators and other trade workers being the highest risk. This targeted session will educate participants on how these injuries occur, and what individuals and workplaces can do to mitigate the risk, through practical prevention strategies.

Preventing repetitive movement injuries

Repetitive movements are a common hazardous manual task which is performed across a range of local government job roles, including administration, parks, waste and more. This targeted session will educate participants on how these injuries occur, and what individuals and workplaces can do to mitigate the risk, through practical prevention strategies.





Town of Victoria Park
Ergonomic assessment 2024

Onsite assessments

LGIS offer a range of onsite and video-based assessments designed to support local governments to mitigate the risk of musculoskeletal injury, pain or discomfort. Ergonomics and good work design are an essential strategy to mitigate the risk of body stressing injuries from awkward posture, sustained posture, repetitive movements and manual handling tasks.

Ergonomic assessments (30 minutes)

Our ergonomic assessments can be conducted in-person or via video and are designed to assist local government staff who are experiencing aches, pains, discomfort, or issues with getting their workstation set up.

Options include:

- ▶ Office
- ▶ Vehicle
- ▶ Machinery
- ▶ Working from home

Manual task risk assessment (1 - 2 hours)

Our manual task risk assessments provide an in-depth analysis of “high risk” manual tasks, for example tasks which increase the risk of injury or harm to your workers. Our team use innovative tools and technology to identify the hazardous characteristics of a manual tasks, including duration, force, exertion, vibration, posture and movements, which may increase the risk of body stressing injury. Our assessments may also highlight hazards associated with poor work design, plant machinery (access/egress), storage issues, and environmental factors. Each assessment involves consultation with workers, supervisors and WHS to assist in recommending and implementing effective control strategies.



For more information on developing a health and wellbeing program for your local government please contact the WorkCare Services Manager

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