

HEALTHY BACKS & BODIES

EDUCATION ON INJURY PREVENTION, PAIN MANAGEMENT, SAFE WORKPLACE POSTURAL AND MOVEMENT STRATEGIES

DID YOU KNOW - According to workers compensation statistics in 2015 – 2016 workplace claims for acute and chronic musculoskeletal disorders represented 90 % of all injury claims made and many of these injuries are preventable!! AND the bodily location most commonly affected by injuries and diseases that led to serious claims is the back?

DISCOVER – In this workshop you and your team will discover why it is so important to look after your back in everyday work life so that you keep productive, energised, motivated, moving easily and effortlessly throughout the workday.

LEARN - How to prevent back, neck and other physical pain throughout the day. Learn how to prevent injuries caused by incorrect seated, standing, sedentary or moving postures. Also learn how to incorporate safe movement and build healthy muscular skeletal best practises into the workplace.

UNCOVER - Simple techniques, strategies and easy habits that will keep your spine mobile and healthy throughout the day.

WHAT

- 2.5 hour, 1/2 or full day workshops online, at your workplace or Peregian Beach studio
- Resources supplied as required
- Injury prevention and safety education
- Workplace postural awareness, ergonomics & correction techniques
- Relevant workplace movement program (tailored to your industry)

Program design and prices will be tailored to your business requirements and industry after consultation with you e.g., do your staff spend most of their time sitting, standing, bending over or a combination of these postures.

WHAT OTHERS ARE SAYING:

I want to say a massive thank you to Sandra for working so diligently with me to alleviate my excruciatingly lower back pain.

I've been battling for months with little sleep but only a few sessions with Sandra have already bought immense relief, best thing I've ever done and I can highly recommend her thanks again.

Cheryle Booysen Payne

