



Work Place Health Promotion 4"E" Program

*Adding Value to
Your Work Place*



Work Place Health Promotion Solutions

Physio Asia's work health program covers everything from pro-active ergonomics, musculo-skeletal injury prevention, to rehabilitation of existing conditions.

Call us today and we'll be glad to provide you the details on our corporate packages.

PHYSIO ASIA

will identify and find solutions for the ERGONOMIC RISK FACTORS at your workplace and help improve the comfort and well being of your employees.

Physio Asia's Work Health Program Provides:

- Pro-active ergonomics
- Musculo-skeletal injury prevention
- Rehabilitation of existing conditions
- Efficient, economical and practical solutions for your corporate or individual ergonomic needs

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WORK PLACE HEALTH PROMOTION 4 "E" PROGRAM

People in desk bound jobs spend a lot of time sitting in front of computers or phones while those in manufacturing may have prolonged equipment operation, manual handling of tools, lifting or awkward postures.

"Prevention is better than cure".

Physio Asia's Work place health promotion is a proactive approach to prevent, reduce and eliminate such ergonomic hazards in an organization. It's not possible for an organization to set up a work station meeting each individual's need. Our 4 "E" program offers low cost or no cost solutions to make the work environment more comfortable for the employee to achieve optimum function.

The company can thus achieve increased productivity and efficiency with a happy and healthy workforce.

We also aim at developing risk reduction strategies where required and practical ways to avoid injuries and help the healing of existing injuries. Improving work positions and conditions and making them safe and healthy is in favor of the companies, their employees and also to the society at large.



EDUCATION

Our Ergonomic education presentations are designed to fit the various activities of different departments and different personnel.

Employees will learn to analyze and control risk factors for musculoskeletal disorders or repetitive strain injuries.

EVALUATION

Each department in an organization has different work space structure. Our physiotherapists will do an assessment of individual department.

Our evaluation comprises of

- Ergonomic risk assessments of work station layout.
- Injury or illness records of the staff will be reviewed to identify Ergonomic related concerns with tasks and work stations.
- We also conduct a risk assessment and employee discomfort survey.

Once the Ergonomic risks are identified in different departments we will prioritize the issues and communicate to the management.

We may use specific assessment tools like our SCORES program for those identified with back and neck problems.

EFFICIENCY

Our efficiency improvement solutions are mainly based on optimizing employee's safety and productivity.

After this process one must feel an improved interaction in their work space alignment and support.

We perform:

- Review of adjustments of office furniture currently in use.
- Recommend modifications and on the spot corrections to work posture.
- Recommend adaptive equipment if required.
- Provide handouts on positioning and efficient workspace handling.

ENDURANCE

Exercise techniques for improving endurance for those who have poor postural habits or have been exposed to risk factors.

Techniques introduced are

- General Fitness and Conditioning exercises.
- Relaxation techniques, Breathing exercises.
- Stretching exercises.
- Specific strengthening exercises for the prevention and treatment of repetitive strain injuries.
- For employees with weak core stability we can also use Real-time ultrasound and our proprietary techniques like Achievo Core Stability Trainer. These provide people with an audio and visual feedback to see if they are targeting the correct muscles and exercising to improve their endurance and strength.

