

# Ergonomic Assessments

## Information and Pricing Guide

Working behind computers and staying in a seated position for prolonged periods of time can cause a great deal of musculoskeletal problems such as neck stiffness, shoulder pain and hip pain. This can cause headaches and have a detrimental effect on posture resulting in further injuries. Hands on treatment is essential for relieving muscular pain, releasing trigger points and correcting posture, however it is habits during our day to day lives that must be altered to prevent these issues from occurring. Not only can efficient workplace ergonomics improve the health of the individual, this will in turn have a positive effect on the productivity of the entire workplace. For this reason, our Occupational Therapists are very passionate in correcting poor workplace ergonomics and improving the wellness of our clients.



## Why choose us?



- We have qualified Occupational Therapists who are experienced in body mechanics, and management and prevention in musculoskeletal injuries.
- Our packages include travel (within 15km from West Perth) and detailed reports.
- We work closely with your HR to ensure we tailor to your needs.
- Scheduling sessions can't be easier. Time flexibility including before or after office hours to avoid disruption to the company's operation.
- Appointments can be done in a few days to suit your staff's availabilities.
- Our OT's are able to guide your staff when treatments and/or equipment is needed.
- Assessments include education on ways to improve productivity at work, enhance wellbeing, implement stretches and exercises to better health.
- We can source and supply recommended equipment and provide trial period.

Assessment Packages	Description	Duration	Fee (Excl GST)
<b>1. Basic (Quick checks)</b>	<p>Suitable for new staff, staff who recently moved to a new desk or received new equipment or moved to a new office.</p> <p>Provides:</p> <ul style="list-style-type: none"> <li>- Assessment, education, brief recommendations and adjustment to improve workstation</li> <li>- Ergonomic Poster</li> <li>- 2 pages report (if requested)</li> </ul>	15-20 min	\$125 (1-5 staff) \$100 (6-20 staff) \$75 (21+ staff)
<b>2. Comprehensive</b>	<p>Suitable for staff experiencing symptoms (eg. headaches, lower back pain, tingling sensation in arm)</p> <p>Provides:</p> <ul style="list-style-type: none"> <li>- Thorough assessment with detailed recommendation</li> <li>- Extensive education to ensure staff has a management plan</li> <li>- 4 pages report</li> <li>- Individualised stretches/ exercises if needed</li> </ul>	30-35min	\$175 (1-5 staff) \$160 (6-20 staff) \$100 (21+ staff)
<b>3. Car Ergonomics</b>	<p>Suitable for staff who spends more than an hour in the car for work. (Eg. Driving to sites, client's place)</p> <p>Includes:</p> <ul style="list-style-type: none"> <li>- Detailed assessment</li> <li>- 2 pages report (if required)</li> <li>- Practical stretches and exercises</li> <li>- Concise recommendations to improve and/or prevent injuries</li> </ul>	20-25min	\$150 (1-5 staff) \$125 (6-20 staff) \$100 (21+ staff)

<b>4. Review Session</b>	Only for staff who have gone through prior ergonomic assessments who require fitting or installation of equipment, or a review after recommended equipment are installed.	10-15min	\$60 per staff
<b>5. Ergonomic Workshop</b>	Interactive presentation that includes: <ul style="list-style-type: none"> <li>- Management and prevention on work-related musculoskeletal injuries,</li> <li>- Strategies on keeping active at work,</li> <li>- Self-management techniques</li> <li>- Basic ergonomic principles (sitting and standing workstation)</li> <li>- Q&amp;A</li> </ul>	<60min	\$299
<b>6. Workplace Wellness Seminar</b>	Interactive presentation that includes: <ul style="list-style-type: none"> <li>- Stress management strategies</li> <li>- Prevention on work-related musculoskeletal injuries,</li> <li>- Strategies on keeping active at work,</li> <li>- How to maintain good posture at work</li> <li>- Diet and Lifestyle</li> <li>- Stretches and microbreaks</li> <li>- Q&amp;A</li> </ul>	60min	\$350

**General Information:**

- No additional call out fee within 15km from West Perth. \$100 per hour rate applies if there is further than 15km travel distance.
- All fees quoted exclude GST
- Cancellation fees (50% of quoted fee) applies if appointments or assessments are cancelled less than 24 hours' notice.