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facts about physiotherapy and tradies



1

Occupational physical activity is not necessarily beneficial



Strategies to reduce the negative impacts of occupational physical activity include:

- lowering physical intensity and eliminating heavy lifting
- taking recovery breaks for high-intensity tasks
- using technology to avoid high physical loading or physiological stress.



3

Female tradies increase equity, diversity, inclusion and productivity



Participation of women in trades is supported by a non-discriminatory, risk management approach to occupational health that includes:

- pre-employment assessments
- promoting health
- risk assessments
- return to work.



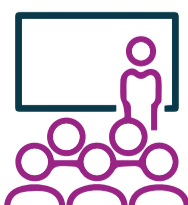
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Exercise is a key part of A culture of safety helps prevent injury and illness

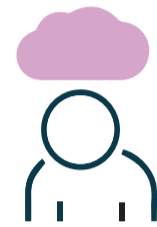


A positive workplace culture that prioritises safety is important in preventing and managing illness and injury, and can be encouraged through:

- positive leadership behaviours
- improved policies
- positive workplace practices.



2



Mental health and wellbeing are important too

Both physical and psychological injury can be reduced by:

- assessing physical work design, environment and systems of work
- assessing psychosocial hazards in the workplace.
- starting a conversation between employers and tradies about psychological health.



4

Remote work drives a higher injury rate

The long hours of remote work can take a toll on concentration, so encourage fly-in fly-out, drive-in drive-out tradie clients to:

- set good sleep patterns
- eat well and exercise
- check in with family and friends regularly.



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