

5

facts about worker health



1

Lifting position is one of many interactive factors in the risk management of musculoskeletal disorders

Extending risk management to include biomechanical and psychosocial risks, while integrating worker consultation in the process, creates an effective, holistic systems approach.

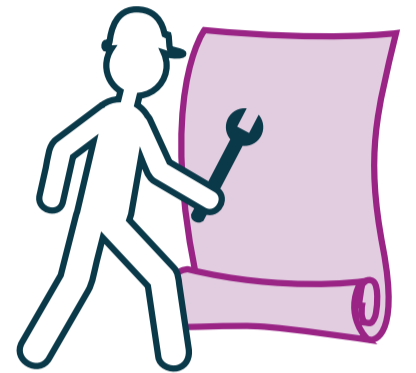


2

Poor workplace culture overrides planning, procedures and policies

There is a greater chance of preventing injury when the workplace culture supports the delivery and improvement of:

- procedures
- training
- safe work practices
- speaking up.

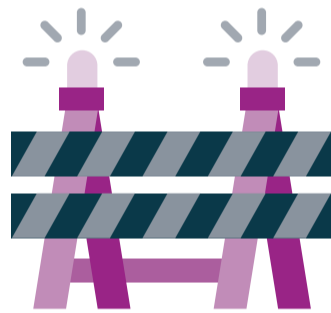


3

Workplace stress causes workers to lose days of work

Workplaces can help reduce the impact of mental health disorders by:

- raising awareness of mental health
- reducing the stigma associated with mental health conditions
- educating workers to identify teammates struggling with their mental health.



4

It is important to stay fit as a tradie

Staying physically fit will enable a tradie to be able to perform the physical demands of their work throughout their career and optimise their general health.

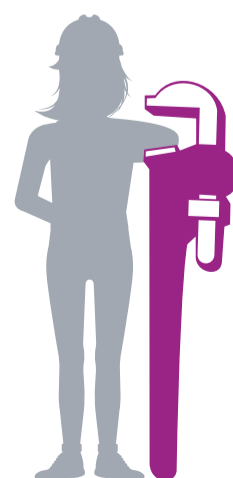


5

Participatory ergonomics can influence workers' health outcomes

The benefits of engaging workers in decision-making include:

- injury reduction
- increased productivity
- more human-centred work
- integration of technical, organisational and behavioural changes into work activities.



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