

Howden Care ERGONOMICS

Supporting your workforce no matter where they are

Our place of work may change, the amount of time we spend sitting down hasn't. Work from home, hot-desking, collaborative workspaces and new technologies raise several issues for employers.

Australian organisations and workforces continue to respond and evolve, developing a truly hybrid work environment for those in desk based professions.

Regardless of where an employee's workstation is located, every effort needs to be made to mitigate risk and prevent injury to the workforce. Failure to consistently revisit workplace ergonomics can increase the likelihood, severity and cost of claims, thereby increasing your organisations' workers' compensation premium.

Let's not sit down on the job!

According to Safe Work Australia, 50% of Australian workers have jobs that involve sitting at least some of the time. Prolonged sitting is associated with significant negative health outcomes and with Australian adults spending an average of 8-10 hours every day in this sedentary position, it is an important issue that needs organisational attention.

Working from home is a challenge

If employees are working from home, then home becomes their workplace. Organisations have a responsibility to ensure that the home workplace is safe, and without risk to employee health.

In accordance with Work Health and Safety legislation it is important that:

- The workplace is a safe and healthy area to work
- Systems of work undertaken are safe and healthy
- Appropriate training is provided
- All incidents are investigated and hazards are adequately controlled

Howden Care is able to provide everything you need to support your organisation to reduce the work from home risk for your employees, with the added benefit of keeping your costs under control.



“Prolonged sitting is associated with musculoskeletal disorders, cardiovascular disease, diabetes, obesity poor mental health, some cancers, and premature death. (Safework Australia)”



POLICY & PROCEDURES

Development or review of organisational policies and Procedures related to ergonomics, including hybrid and remote working.

Our experts will ensure compliance with WHS legislation alongside mitigation of business risks.



TRAINING

Ergonomic training sessions delivered by allied health professionals covering office and home work environments. Training sessions will provide:

- Workstation set up
- Workplace health and safety considerations in your environment
- Key tips to prevent injuries



ASSESSMENTS

Individual ergonomic assessments providing specific support and coaching for employees in order to minimise injury risk.



ADVICE

Provision of expert advice related to review and improvement of the organisation's approach to workplace ergonomics.

This may include development or review of hybrid work safety and ergonomic check lists and tailored educational material.



Introducing Howden Care

Howden Care partners with clients to deeply understand their people risk challenges.

Our market leading team, are experts in workplace and non-workplace illness and injury, delivering solutions to support clients in navigating the complexities of the people risk ecosystem and evolve their business through enhancing risk maturity.

Our team of allied health professionals bring an average of 20 years of experience across workplace safety, wellbeing and return to work. We have a relentless focus on ensuring that quality and value is delivered to all clients of all sizes across a breadth of industries.



Talk to us today.



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