



Occupational Physiotherapy Services

- Workstation Assessments
- Driver Ergonomic Assessments
- On-site Physiotherapy Treatment
- Manual Handling Assessments
- Functional Capacity Evaluations

Workstation Assessments

Ergonomic Workstation Assessments

A Risk Assessment can help reduce pain and discomfort at work and ensure your business complies with the health & safety legislation. WorkFuture provides a full range of DSE, Workstation and Ergonomic Assessments to suit your employees' needs.

Choose from:

- DSE Office Risk Assessment
- Workstation Assessments
- Ergonomic Workstation Assessment
 - for complex disabilities/ long term health issues

1. DSE Risk Assessment

Protect the health of your employees and ensure your workstations meet the minimum standards required by law. A Risk Assessment will identify if the employer has met it's obligations in the provision of:

- equipment such as desk, computer screen, chair
- tasks performed
- environment issues of noise, lighting
- individual requirements



2. Workstation Assessment

A DSE Risk Assessment will not always identify the cause of health problems and in these cases a more comprehensive Workstation Assessment is required. This assessment is designed for employees who have existing or on-going musculoskeletal problems that are not resolving.

Health problems such as neck pain, tennis elbow, shoulder pain and back pain can make it difficult for an employee to work effectively.

Our health professionals provide a detailed and in-depth evaluation of these problems with 1 hour of face to face assessment.

What our Workstation Assessment Reports includes:

- Musculoskeletal evaluation
- Anthropometric evaluation
- Posture Analysis with photos
- Work Technique Analysis
- Seating evaluation
- Equipment recommendation

3. Full Ergonomic Workstation Evaluation

For employees with significant disabilities or problems we provide a full Ergonomic Workstation Assessment. This is a thorough professional assessment of both physical factors and stress issues that may contribute to the problem. The report provides suggestions for both the employee and the employer to help resolve the problems.

This assessment takes 1.5-2 hours as a face to face assessment.

Driver Ergonomic Assessments

1. Standard Driver Ergonomic Assessment

Driving for long periods can result in problems with back and neck pain. If you're looking to provide your drivers with greater comfort while travelling then our Driver Ergonomic Assessments can help.

Our ergonomic experts will provide guidance and advice on sitting posture, driving techniques, the use of back supports and seating adjustments.

It should be remembered that it can take up to 6 weeks to feel the full benefit of an Ergonomic Car Assessment and for drivers to become accustomed to the changes in posture and driving position.

2. In-depth Driver Ergonomic Assessment

Our in-depth Driver Ergonomic Assessment is designed for clients with chronic neck, shoulder, back or hip pain. The assessment will provide guidance and advice for an individual's health problem as well as make recommendations regarding suitable vehicles and possible alternative seating options.

An ergonomic vehicle assessment covers:

- Individual musculoskeletal assessment
- Evaluation of driver car seat
- Driving posture analysis
- Seating adjustments
- Working with laptops
- Manual Handling
- Use of back supports and adjustments
- Work Scheduling

3. Mobile Worker Risk Assessments

If you have employees who work off-site or who are on the road most days, then you have a duty of care for their safety. Mobile workers are exposed to additional risks over and above those of office workers and there are a number of different regulations employers have to comply with.

These risks can include:

- | | |
|------------------------|-------------|
| • DSE Regs | • Security |
| • Manual Handling Regs | • Fire |
| • Lone Working | • First Aid |
| • Home Working | • Accidents |

Benefits of an Ergonomic Consultants

An experienced **Ergonomic Consultancy** can provide your organisation with professional support to ensure you not only comply with the legislations but improve the performance of your employees.

Call us now for help with driver or mobile worker assessments on **0845 4507316**.



On-site Physiotherapy Treatments

Managing work injuries effectively?

Are you looking for high quality professional treatment to help manage workplace injuries? Musculoskeletal injuries are one of the biggest causes of sickness absence at work and early treatment is crucial if you want to keep absence to a minimum.

Are your Employees waiting for treatment?

If your employees are sitting around waiting for up to 6-8 weeks for their GP to refer them to the NHS physiotherapy service then your business is losing money. The longer it takes to get a physiotherapy referral, the longer the treatment will take, and the greater the absence.

Occupational Physiotherapy can reduce absence?

Often employers aren't aware of just how easy it is to have their own on-site Physiotherapy service. With a dedicated Occupational Physiotherapy service your employees can have immediate access to professional treatment to ensure your employees get back to work quicker, saving you money.

On-site Physiotherapy is simple

WorkFuture's On-site Physiotherapy Service allows you to decide on the number of hours, the days and how often your employees would benefit from the service. With On-site physiotherapy services there is no wasted time travelling to and from clinics and no need to wait around.

Keep everyone at work with on-site Physiotherapy!

Physiotherapists are specialists in the treatment and management of musculoskeletal injuries. Don't let your employees suffer pain and discomfort at work.

Call us to discuss how we can improve their performance and wellbeing at work.

Treatment services include:

- Early diagnosis
- Acupuncture
- Manipulation
- Remedial exercises
- Work Hardening
- Rehabilitation Programmes
- Health & Safety training
- Wellbeing programmes



Manual Handling Assessments

Manual Handling Risk Assessments?

As an employer you have an obligation to protect your employees when they are at work. If their job involves lifting and carrying then you need to ensure you have assessed the risks of their job and taken suitable steps to minimise injuries.

If you need help with Manual Handling Risk Assessments we offer a range of assessments including:

- Standard Risk Assessment
- MAC – Manual Handling charts
- Complex Manual Handling Assessments

Using Ergonomics in Manual Handling Risk Assessment?

Sometimes a simple Manual Handling Risk Assessment doesn't identify the root cause of the problem or give sufficient guidance as to what you need to do. In these cases you may feel a more detailed Ergonomic Manual Handling Risk Assessment would be appropriate.

We can provide Ergonomic Manual Handling tools for in-depth analysis including:

- NIOSH guidelines
- Liberty Mutual Lifting Tables (Snook Tables)
- Mittal et al, Tables (Manual Handling)

Managing Complex Manual Handling Risks.

Difficult Manual Handling issues are often so complex it can be hard to know where to start. To ensure a complete understanding of both the problem and the actual cause, a detailed ergonomic survey may be required. We can provide Worker Surveys, Root Cause Evaluation, and In-depth Ergonomic Risk Assessment.

Using an Ergonomist Consultant can help provide professional guidance in cases where it is essential to resolve on-going difficulties.

We offer a full range of support services to reduce problems with back pain at work including:

- Manual Handling Training
- Risk Assessment Training in Manual Handling
- Back Pain Clinics
- Rehabilitation Services



Functional Capacity Evaluations

Help with Managing Long Term Absence?

Most employers are keen to address the problem of long term sickness absence because they know it can be a real burden on a business. But dealing with employees on long term absence can be an extremely frustrating task.

Are your employees are fit for work?

Sometimes employees are off work for weeks, months and even longer with problems such a back pain and rsi and it can be hard for employers to get the advice they need - are their employees fit for work or not.

How to get the Right Information for Your Business

At WorkFuture we know how important accurate information is if you want to get your employees back to work. That's why we offer Functional Capacity Evaluation (FCE). Many health conditions that result in long term absence can be assessed with a FCE, including:

- back pain, neck pain, whiplash
- rsi or upper limb disorders
- arthritis of the hip and knee joint
- shoulder pain
- following orthopaedic surgery

As experts in the field of injury and work assessments we can provide you with the answers you need.



Using a Functional Capacity to Get People Back to Work

FCE can provide an accurate measurement of an individual's physical capabilities. We use computerised technology to measure range of work tasks including lifting, pulling, gripping, bending and moving so you, as an employer will know:

- can the employee do their job
- if not, what other jobs can they do
- what adjustments and rehabilitation would be helpful

Which Employers Are Suitable for a FCE Referral?

Any employees with a musculoskeletal problem affecting their job including

- an employee who is on sick leave with no return to work date
- someone who is having difficulties managing their work
- an employee on permanent light duties

If you would like more information

Call us now on **0845 457316** to see discuss how a Functional Capacity Evaluation can benefit your business. Make a referral for a Functional capacity evaluation today,