

Happy Birthday: two years since re-launch

Occupational Fitness Solutions celebrated its 2nd birthday since its re-launch by Sonja Belle in February, 2005. Thank you to our customers for providing continued projects in both corporate health and injury management.

Website update

Occupational Fitness Solutions recently updated its website to expand on the information available to customers on our range of services, products and Consultants. It now includes a “newsletter and media link” for your access to publications produced by the business including features produced for Perth Vita, Focus On and the Master Builders Association Magazine: www.occupationalfitnesssolutions.com.au.

Meet our Consultants

Our expanding team of Consultants includes:

- **Sarah Dick (Occupational Therapist);**
- **Yvonne Von Guttenberg (Physiotherapist/ Occupational Health and Safety Consultant);**
- **Glynnis Steed (Physiotherapist);**
- **Sarah Fandry (Physiotherapist/Pilates Instructor).**

For further information on the skills and experience of these Consultants please refer to our website.

Real Time Ultrasound

Occupational Fitness Solutions now has access to real time ultrasound. This specialised physiotherapy service is beneficial for clients suffering chronic low back pain and for core stability re-training following a back injury.

How fit are your employees?

Occupational Fitness Solutions are able to conduct corporate health assessments so your business can gauge how healthy your workforce is. From this data, businesses can target health and wellness initiatives which meet your employee needs. A targeted corporate health and wellness program will:

- Reduce lost work time due to illness, sickness, disease or injury;
- Increase employee productivity and;
- Increase employee morale and a positive workplace culture.



A range of assessments are available including height, weight, body mass index, waist to hip ratio, blood pressure, cardiovascular fitness, strength, flexibility, lung function as well as blood analysis (such as Total Blood Cholesterol and Diabetes). The cost ranges from \$15 to \$150 per employee and in some cases, is rebatable through private health insurance.

Occupational Fitness Solutions can provide published research into the benefit of corporate health programs for customers wanting further information.

Mid-west work

Occupational Fitness Solutions is able to travel throughout regional Western Australia. A number of our Customers have recently engaged our service for work in the mid-west including Geraldton and Kalbarri. If any company/individual wants further information on this service please contact the office on 9328 5853.

Training

Forming a partnership with Royal Lifesaving Western Australia (RLSWA), Occupational Fitness Solutions, can offer a range of courses in occupational health and safety issuing a National Recognized Certificate of Competence in some areas.

Our popular training courses include:

- **Manual Handling including hazard identification, risk assessment and control**
- **Occupational Health and Safety**
- **Hazardous substances**
- **Office ergonomics**
- **Workers Compensation**
- **Injury management**
- **Management of common workplace injuries and expected timeframes for recovery**

SKINS

Through our affiliation with several national and state sporting organisations, Occupational Fitness Solutions are able to offer our corporate clients, Jetskins to help prevent Deep Vein Thrombosis (DVT) during flights.

How: The conditions in an aircraft cabin are ideal for clot formation. Jetskins are one form of treatment designed to keep the blood flowing, applying pressure at the apex of the calf (17mmHg), knee (10mmHg) and hip (2mmHg), assisting in fluid flow from areas of higher to lower pressure. Jetskins keep an individual cool and prevent moisture build up under the garment. They have open toes and heels making the garment easy to take on and off. The material is impregnated with an antibacterial to prevent odours and skin infections. The fabric is also sturdy and resilient to tearing.

Jetskins are recommended to be worn for air or land travel, and are recommended to be worn for the whole day of travel. (www.skins.com 2006)

Jetskins have a recommended retail price of \$149.99 (GST incl.) however, as a preferred supplier of SKINS, Occupational Fitness Solutions can offer them to customers **\$130.00 (GST incl.)**

Occupational Fitness Solutions can provide published research into the benefit of SKINS for customers wanting further information.

What other services can we offer you?

- Exercise Programs for injured workers (Supervised by Physiotherapists);
- Medico legal Employability assessments;
- Duties manuals;
- Ergonomic assessments;
- Worksite assessments/Job Analysis;
- Real time ultrasound;
- Health/Fitness Assessments
- Risk assessments;
- Pre-employment medicals;
- Workshops on health and fitness including stress, time management, diet and obesity;
- Workers Comp. advice;
- Seating/Chair advice;
- On or offsite blood testing



Contact us

For further information please visit www.occupationalfitnesssolutions.com.au or call 9328 5853.

“The only place where success comes before work is a dictionary” Vidal Sassoon.