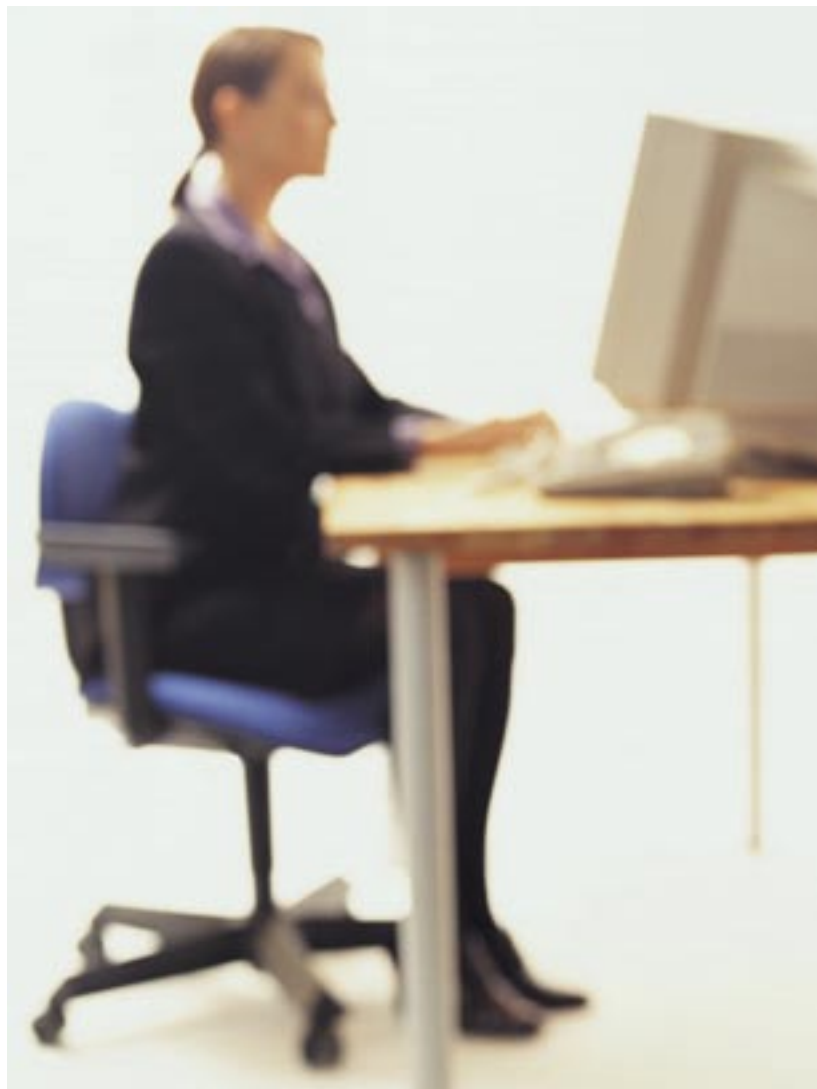


COMPLETE HEALTH @WORK

## **WORKSTATION ASSESSMENTS**



*'We look at the person, not just the desk'*

## COMPLETE HEALTH @WORK

An under par employee is an unproductive employee. Generalised aches and pains, chronic tiredness and the resultant low grade stress all feed into a downward spiral which can lead to absenteeism with possible long term consequences.

- **Back pain is the UK's leading cause of disability**
- **UK business loses 4.9 million days a year to work-related musculoskeletal pain**
- **60% of ALL absenteeism is musculoskeletal**

The Complete Health @Work assessment team is trained to recognise and correct the above problems. In addition to our training as qualified workstation assessors, our combined skills include osteopathy, physiotherapy, occupational therapy and nursing.

### NATIONWIDE NETWORK

- **We offer a nationwide facility, with musculoskeletal experts on hand throughout the country**

Sitting at a poorly set up workstation can cause serious musculoskeletal and wellbeing problems and it is the employer's legal obligation to prevent these through workstation assessment.

- **Sitting in positions that put the neck and back under strain for long periods is the most common cause of back problems**
- **Poor posture combined with incorrect positioning of computer, keyboard, mouse or phone can also lead to other conditions such as repetitive strain injury and upper limb disorder**
- **RSI can affect the neck, back and tendons in the shoulders, arms and wrists**

*'We look at the person, not just the desk'*



## ON-SITE WORKSTATION ASSESSMENTS

Your body and your life can be adversely affected just by sitting incorrectly for over an hour per day at a computer.

A simple on-site display screen equipment (DSE) assessment may be all that is needed to avoid loss of productivity through back and neck problems and/or repetitive strain injury (RSI).

Most of the adjustments we recommend are easy to implement and have beneficial long-term effects for the health and well being of the individual.

Complete Health @ Work offers a fully comprehensive on-site workstation assessment service which provides:

- **Compliance with the Health and Safety (Display Screen Equipment) Regulations 1992 European Standards for Office Seating and Workstations**
- **One to one evaluation of each workstation**
- **Detailed questioning of the workstation user**
- **Observation of posture / seating position**
- **Observation of overall / general health**
- **Discussion of any existing musculoskeletal disorder, RSI or eyesight problems**
- **Other issues raised by the individual – eg stress**

Complete comprehensive checklist:

- **Chair, Screen, Lighting, Mouse, Keyboard, Desk, Environment, Computer interface**
- **Our musculoskeletal experts can change the way people work and consequently improve their well being. Just small changes in positioning of office equipment and posture can make a significant difference to the health of muscles and joints**
- **The report produced will detail any issues found, along with recommendations**



## SPECIALIST SERVICES

These services are a 'bolt on' to the standard DSE assessment.

The objective of our Specialist Services is to ensure your company is providing full support for employees with 'needs' over and above the norm.

### WELLBEING ASSESSMENT

This comprises a full health and wellbeing check conducted through in-depth health interview with a thorough postural examination. This assessment uses our combined healthcare and musculoskeletal expertise.

- **Enables prevention/early diagnosis of problems with advice on appropriate treatment.**
- **A detailed report with recommendations is supplied giving employer and employee the ability to address/correct potential or existing problems thus reducing possible absenteeism.**

### PERSONALISED ASSESSMENT

For individual employees with pre-existing musculoskeletal problems, size and weight issues in need of expert clinical diagnosis/advice, and/or treatment.

- **Appropriate recommendations/treatment resolves or prevents problems from becoming more serious.**
- **A specialist function which in-house DSE assessment resources or self assessment cannot provide.**

### PREGNANCY RISK ASSESSMENT

Complete Health @ Work offers expertise in women's health and provides a full DSE risk assessment and pregnancy wellbeing service. For most companies, pregnancy risk assessment is a legal requirement for pregnant employees, breastfeeding mothers, and those who have given birth in the past six months.

- **Helps pregnant workers maintain optimum health throughout their time at work and on their return to employment.**
- **Employers will have the peace of mind having addressed this area in the unlikely event of any litigious action.**



## THE TEAM – PRINCIPAL MEMBERS

The workstation assessment team combines the skills of a group of professionals whose expertise includes osteopathy, physiotherapy, occupational therapy and nursing. When necessary we can draw on the skills of our integrated health experts at The Complete Health @ Work clinic, The Complete Health Centre, including:

- **GP specialised in work related health problems**
- **Nutritionists**      - **Counsellors**      - **Exercise therapists**
- **Acupuncturists**      - **Allergy experts**      - **Podiatrist and Chiropodists**

Our key experts are registered with Private Health Insurers

### **KATHY DRAKE – OSTEOPATH/REGISTERED NURSE/TEAM LEADER**



*Kathy specialised in orthopaedics as a nurse at St Bartholomews Hospital, London. She furthered this interest through her training in osteopathy, and since qualification has worked in a GP Health Centre, at a large multi-disciplinary practice in Greater London and at the Complete Health @ Work clinic since 1998. She is a qualified DSE Assessor and is recognised by IOSH (Institute of Safety and Health).*

### **JUSTINE MARSH - OCCUPATIONAL THERAPIST**



*A qualified occupational therapist, Justine has extensive experience, having worked in the NHS and community as Senior OT. She has worked with the South Thames Regional Special Seating Team, and subsequently furthered this interest through her training in workplace ergonomics.*

### **JOANNA POOLEY – OSTEOPATH**



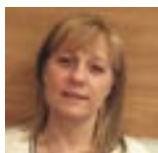
*Jo qualified as an osteopath in London, and previously followed a career in personal training and sports injury management. Jo developed her interest in ergonomics whilst practicing osteopathy, and is a qualified DSE assessor, recognised by IOSH.*

### **KILEY BOWES - PHYSIOTHERAPIST**



*Kiley is a chartered physio with 15 years experience. She has worked in the NHS, private practice and industry in Australia and England. Kiley has a keen professional interest in the prevention of workplace injury and a firm belief in the importance of a sound working environment.*

### **JANET WIGGINS - PHYSIOTHERAPIST**



*Janet has had 23 years experience as a chartered physio. She developed her interest in workplace ergonomics and the management of work related injuries whilst working in the NHS as an extended scope practitioner for low back pain. She has subsequently worked with Occupational Health departments to provide ergonomic advice and early treatment of musculoskeletal injuries.*

## BENEFITS TO YOU



- **Compliance** with the 1992 Health and Safety DSE regulations - a legal requirement
- **Reduction** in the risks of staff absenteeism both short and long-term, thus saving money and lost work hours
- **Improved** productivity amongst staff - an under par employee is an unproductive employee
- **Reassurance** of both employer and employee that through our 'screening' process potential health problems have been recognised and addressed (musculoskeletal, stress etc)
- **Increased Motivation** amongst staff aided by the caring attitude of the employer
- **Expert help and advice** offered by Complete Health @ Work. We are trained and qualified to recognise problems and, additionally, through our team of health experts, we are uniquely placed to offer follow-up treatment such as physiotherapy, osteopathy, acupuncture, counselling, nutritional advice, medical stress management and rehabilitation through yoga, pilates, tai chi and sports massage.

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