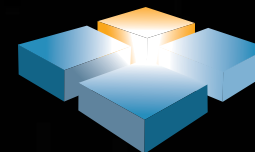


Workplace strain injuries can be prevented.

Call us today on 1300 138 470 to find out how our **MoveSafe in the Office Training & Consulting** can reduce the cost of workplace strain injuries to your business.



CHAMBER OF
COMMERCE &
INDUSTRY
QUEENSLAND



Call > 1300 138 470

Invigorating Business Safety

www.cciq.com.au

Make yourself comfortable

Office Ergonomics Training & Consulting

- > reduce strain injuries
- > increase concentration & productivity
- > meet legal obligations



Strain injuries are the most common injury in Queensland workplaces. This course not only meets the employer's legal obligations to provide training, but will also reduce the frequency and severity of strain injuries experienced by workers, saving your business time and money.

MoveSafe in the Office is different to other manual handling programs, as it:

- > is delivered by experienced physiotherapists and occupational therapists
- > focuses on empowering workers to take ownership of their own safety and is tailored to the specific manual tasks of the workplace
- > is highly interactive, including a number of experiential learning activities
- > is based on simple principles reinforced throughout the program for maximum retention
- > uses the latest physiotherapy and safety thinking principles, including core stability activation and safety attitudes training

Participants learn how to:

- > understand ergonomic workstation design
- > set up and adjust a workstation
- > sit with a safe posture at a computer workstation
- > perform manual tasks in the office environment

This course is two hours in duration and is conducted at your workplace, tailored to your specific needs.

Look after your employees and your bottom line by contacting CCIQ on 1300 138 470 to book your MoveSafe in the Office course today.

