



## WORKSTATION ASSESSMENTS

# WORK SAFELY. WORK IN COMFORT.

The physical places where many staff work has now changed, but their health, safety and comfort at work is still important.

The occupational health team at OK Health can complete an assessment of people's workstation setup via a video call and provide useful education and advice on how to prevent discomfort, pain and injury.

Workstation Assessments are a tool used to minimise the risk of injury to employees who spend a large amount of their working day working on a computer. Early detection of issues can prevent serious harm injuries, ACC claims and prolonged periods of time off work.

### OUR ASSESSMENTS ADDRESS THE FOUR HEALTH ISSUES IDENTIFIED BY ACC IN RELATION TO COMPUTER USE:

- Physical discomfort, pain or injury
- Visual discomfort
- Stress
- Fatigue.

### PROCESS:

An experienced Nurse or Occupational Therapist will connect with your employee via a video call. The assessment will:

- Review the physical set up of the workstation to ensure it is suitable for the individual employee's personal health needs
- Review any environmental factors and equipment suitability which may impact on the employee and recommend furniture adjustments to fit the individual's posture and comfort
- Review best practise exercises and practises with the employee to ensure proactive self-management and how to prevent discomfort, pain and injury (DPI, previously called OOS, and RSI).

A Workstation Assessment via video call will take 20 minutes and cost \$125 (excl GST) per person.