



BACK IT UP OSTEOPATHY PRESENTS

CORPORATE WELLBEING PACKAGES

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Introduction

Back it Up Osteopathy is always looking for ways to support our clients further. We are excited to now be offering a range of Wellness online virtual workshops. We offer a tailored service which can be delivered in person or online. Our workshops can be variable in length covering ergonomics, healthy desk habits, and stretch classes which are aimed to be performed at the workers desk / office space. All workshops can be delivered in person or virtually and are tailored to the specific needs of our clients.

The workshops are designed to educate and support workers in creating a healthy workplace to improve their overall health and wellbeing. All workshops are focussed on areas that have been found to be of high interest to workers. Promoting health and wellbeing in the workplace could be an integrated initiative that educates the employee and enhances the company's performance

The World Health Organisation defines a healthy workplace as one that "...provides all members of the workforce with physical, psychological, social and organisational conditions that protect and promote health and safety. It enables managers and workers to increase control over their own health and to improve

Below is a detailed summary of the Workshops currently available

Ergonomics

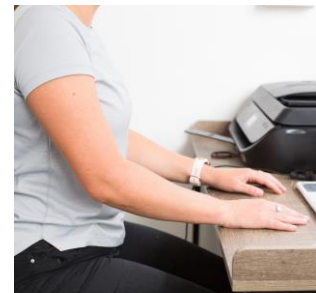
Workplace design and implementing ergonomic principles is a key component to promoting a productive and comfortable work space.

With office workers spending an increasing number of hours at a desk, whether that be at home or in the office, the importance of correct ergonomic setup is more crucial than ever. Having the correct set up not only reduces workplace related injuries but will also improve productivity and work efficiency of the worker.

Did you know that ergonomics is more than just simply adjusting a chair? Assessing workspace components such as lighting, screen heights and positioning are all factors we need to take into consideration. Something as simple as positioning a computer screen at the correct height will decrease unnecessary repetitive motion of a person's neck, reduce eye fatigue and therefore increase productivity throughout the day.

What are the benefits of having an ergonomic desk set up

- Workers are more comfortable and therefore alert in the office
- Pain is often associated with negative energy and moods, by not having pain we are increasing our employees' overall moods
- Optimises posture
- Cuts down repetitive motion
- Reduces eye fatigue
- Allows for consistency from the home office to the workplace office.



Workplace injuries that most present to our clinic due to poor ergonomic setup and workspaces include

- Lower back pain
- Carpal tunnel
- Cervical facet sprains
- Flexed and painful cervical thoracic joint
- Rotator cuff tendinopathies

There is no doubt that lower back pain is a constant when it comes to ergonomic injuries. According to the Global Burden of Disease Study in 2017, lower back pain has been the leading cause of disability since 1990 and it remains unchanged for 17 years. It was also found that between the years of 2017 and 2018 strains and sprains were the most common cause of injury (28%) followed by chronic joint or muscle conditions (18%). In 2022 The minister for Workcover Mr Bob Cameron revealed that muscle and soft tissue injuries account for 60% of workplace reported injuries and most could be prevented by ergonomic screening and adjustments.

According to The Australian Bureau of Statistics, in 2018, 60% of workers who injured themselves at work took time off as a result of the injury. This is further broken down below

- 11% took part of the day or shift off
- 42% took 1-4 days off
- 16% took 5-10 days off
- 26% took 11 or more days off

So, as we can see not only does poor ergonomics potentially lead to injury but it can also lead to loss of productivity with employees needing time off work therefore costing the company. So how can you prevent these injuries and ensure your employees have a sound workspace set up?

Our ergonomic offerings can be delivered in two forms

Option one: In house ergonomic set ups

During these sessions a Back It Up Osteopathy team member will come into your office and conduct individual assessments of the workers and make adjustments to their workspaces to ensure that their work space is set up ergonomically. Each assessment will take between 5-10 minutes. Depending on changes made, we may make suggestions of alternative office equipment that we believe will benefit the worker which we will deliver in a report to the employer.

Option two: Ergonomic online workshops.

This workshop is delivered on an online platform and is designed to educate employees of the correct steps to set their workspaces up ergonomically. This is a great option because it can be watched from either the office or home workspace, meaning that no matter where your workers are you can ensure their desk wellbeing.



Outcome measures

At the conclusion of the workshop employees should

- Be able to use the knowledge given to set up their workspace ergonomically
- Be able to identify poor ergonomic habits and rectify them
- Have knowledge to be able to seek alternative tools and methods of setting up an ergonomically sound desk when potentially they don't have the appropriate equipment at home
- Be given a check list to use when setting up their office space

Items for your desk to improve your health and wellbeing

This session talks about key items we should have on our desk throughout the day to improve our productivity and overall wellbeing whilst at work. We will go delve in depth on the importance on nutrition and hydration and how a decrease of as little as 2% hydration can decrease a person's productivity by 12 %. We will discuss different tools we can use throughout the day to decrease stress relieve muscle tension/ fatigue, and help assist with maintaining good posture throughout the day.

Outcome measures

- Have a greater understanding on objects that are beneficial to our workspace
- Understand what objects may be more of a distraction or detrimental to our workspace
- Be aware of the detrimental effects of dehydration
- Be able to use exercises and stretches to decrease tightness in muscles
- Have an array of exercises that an employee can do at their desk using items on their desks
- Each employee will receive a flyer to remind them of the items spoken about



Sleep, why is it important and are we getting enough?

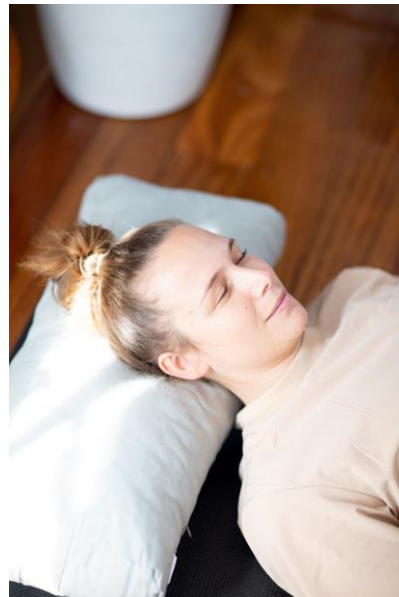
This session will discuss the factors preventing us from a good night sleep. The effects a lack of sleep has on our health/ wellbeing and productivity at work as well as discussing how to create healthy sleep habits.

We have been told from a young age how important sleep is however, we find ourselves sacrificing sleep for social events and the hustle and bustle of life. Although at the time we don't seem to think our lack of sleep is a big deal, a lack of sleep can slowly build up and become detrimental to many parts of our lives, including productivity at work. When we are suffering from a lack of sleep it has been proven that not only do areas like our memory and decision-making capabilities alter but we also start to become more emotionally heightened and start making emotion decisions

Did you know that research has shown that 17-19 hours of wakefulness can cause an individual to perform at the same level as someone who has a BAL of 0.05, which as in most countries is the legal drink driving limit

How does a lack of sleep effect an employee's productivity?

- Decrease memory
- Decrease decision making
- Decrease reaction time
- Decrease problem solving
- Decrease concentration
- Increase risk of accidents
- Increase need for breaks
- Increase absent days
- Increase irritability which can be detrimental for a work place environment



Outcome measures

- An understanding on sleep patterns
- Able to differentiate between the different types of sleep and what occurs at each stage
- Formulate ideas on how to improve our sleep quality
- Learn techniques to help the employee get to sleep
- Be able to identify the negative effects of a lack of sleep
- Understand how a lack of sleep can affect productivity at work
- Understand what to look for when purchasing pillows
- Each employee will receive a flyer to remind them of points we have discussed
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Nutritional desk snacks.

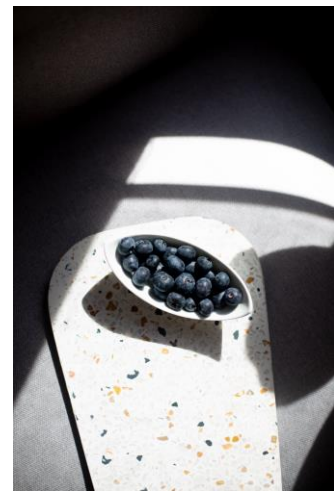
Unhealthy eating behaviours have been found to increase absenteeism and decrease productivity at work.

This session focusses on finding the perfect desk snack. Having a well thought out balanced diet has been proven to improve our productivity. This session discusses the importance of a variety of food groups and the benefits of choosing the ideal snack to complement our diet.

Everyone is guilty of falling in the trap of picking up a chocolate bar, a pack of chips, a soft drink, muffin or some lollies when we get to the 3pm slump. At the time we think its great and get a nice spike in sugar and burst of energy, that is until we come tumbling down 30 minutes later. Why is this? In this session we will talk about the cons of picking that high sugar snack and instead what other nutrients we should be looking for. We will discuss the benefits of food groups and how they actually increase our energy and productivity at work and the reasoning behind why those 3pm sugary snacks are probably doing more damage than good.

Outcome measures

- Have an understanding of how to make a healthy snack
- Be able to identify healthy and unhealthy snacks
- The important of fats/ fibres and protein
- Be able to understand what foods fall into fats, fibres and proteins
- Understand how food choices effects your productivity at work
- Each employee will receive a flyer to remind them of points we have discussed



Stretch and Move

'Small changes now can lead to a bigger prevention later.'

According to WHO (World Health Organisation), physical inactivity is the fourth leading risk factor to global mortality.

More than ever before we are seeing an influx of research expressing the importance of moving our bodies and the detrimental effects that inactivity has on our physical and mental wellbeing. In Australia it has been found that office workers spend 77% of their working day sedentary. This sedentary behaviour along with a decrease in physical activity can be associated with an increase in musculoskeletal injuries and chronic health conditions, all factors contributing to loss of productivity at work.

In a recent study by the University of Utah School of Medicine, just two minutes of physical activity for every hour of sitting can lower your risk of premature death by as much as 33%. Another major reason to help encourage physical activity at the desk is the huge rise we've seen in the last 20 years of individuals between the ages of 60-64 still working. Making sure that we are promoting regular exercise/ stretching breaks to improve blood circulation, and decrease joint mobility stiffness is a great way to help the older workforce remain healthy

So, let's get these bodies moving! Our Stretch & Move workshop gives workers an opportunity to participate and learn a range of movements and stretches which can be completed at their desk to help prevent common desk work injuries. These sessions can be altered to cover a specific area/ common compliant, or can be an overall full body session. *These sessions are low impact with the goal to improve blood circulation, improve mobility, stretch muscles that are being over used and give our mind a minute to recharge*

In a recent interview in the LA Times Dr James Levine the director of Mayo Clinic said 'Sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting'



Outcome measures

- Have an array of exercises that they can perform daily from their desk
- Have the knowledge to able to add progressions or regressions to exercises taught
- Understand which exercises correlate to different areas of the body
- Understand which exercises can help prevent or treat common desk workers injuries
- Understand the important and stretching and moving throughout the days
- Understanding of the risk factors of not moving and stretching throughout the day
- Each employee will receive a flyer to remind them of points we have discussed

Pricing

Online wellbeing session

15 minutes \$110

30 minutes \$ 220

45 minutes \$ 330

1 hour \$440

In office ergonomic assessments

Hourly- \$192.50

Additional report (optional) \$87.50

Quarterly wellbeing bundle

Pre book one wellbeing session per quarter

30-minute wellbeing session (\$220x4) \$880. Bundle rate \$750 save \$100

45-minute wellbeing session (\$330 x 4) \$1320. Bundle rate \$1200 save \$120

1 hour wellbeing session (\$440x 4) \$1760. Bundle rate \$1600 save \$160

Quarterly Ergonomic and Wellbeing Wonder Package

2 X 30-minute wellbeing sessions + 4 hours ergonomic in office setups per quarter per year

(\$440+ \$770= \$4840 Bundle deal \$ 4500 Save \$300)

Monthly in office ergonomic assessments

2 x 1hour ergonomic assessment once a month for 12 months

\$ 192.50 x 2 = \$385. \$385 x 12 =\$ 4620 Bundle \$4300 save \$300

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