



Ergonomic Solutions At Work

WHAT'S INCLUDED

- Hands on assessment
- Ergonomic report
- Adjustments
- Equipment coordination
- Education



Contact me on:

0410 230 080

info@energymovement.com.au

Emily Schmidt



Energy Movement Wellness

Founded by Emily Schmidt, Occupational Therapist this company is on a mission to raise the health standards globally physically, mentally, socially, emotionally and spiritually.

This company can provide Ergonomics, Lunch & Learns, Fitness, Health Checks and add value through our programs *Happy at work*, *Healthy at work* & *Harmony at work*.

Ergonomics

Ergonomics in the workplace is a critical aspect of ensuring employee health, productivity, and job satisfaction. It involves designing or arranging workplaces, products, and systems so that they fit the people who use them. This can help prevent a variety of health problems such as back pain, carpal tunnel syndrome, and musculoskeletal disorders, which are often caused by poor posture, repetitive movements, and uncomfortable workstations.

At your company, we understand the importance of ergonomics and have developed a specialized service to help businesses improve this aspect of their workplace. We conduct comprehensive ergonomic assessments, providing personalized recommendations for adjustments to workstations, equipment, and work practices. This can include changes to chair height, monitor position, keyboard arrangement, and even lighting and noise levels.

Additionally, we provide training for employees on proper posture, efficient movement, and techniques to reduce strain and prevent injury. Our goal is to create a working environment that promotes comfort, efficiency, and productivity, while minimizing the risk of work-related injuries and illnesses.

Investing in workplace ergonomics not only shows your commitment to employee health and safety, but it can also lead to reduced absenteeism, increased productivity, and improved job satisfaction. Contact us today to learn more about our ergonomic services.

Service fees

Ergonomic Assessment

- Individual Assessment (15 min)
- Individual Adjustments (15 min)
- Individual Report (30 min)
 - Per Person: \$165
 - Full day (10 pp): \$1500
 - Half day (5 pp): \$700

Education

- On the spot education provided to staff during assessment.
- Confidentiality maintained regarding employee existing injuries.
- Stretching & Ergonomic handout cards provided as an option
 - 100 pack: \$50

Equipment prescription

- You have the option to purchase the equipment I recommend or I can do this on your behalf and include a small fee for this in the quote.