



nabenet

TAC SERVICES

ERGONOMIC ASSESSMENT

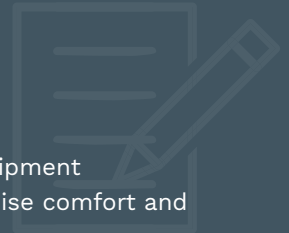
An Ergonomic Assessment ensures that your workstation is ergonomically designed to minimise the risk of injury and maximise your productivity

Nabenet can support you to identify any areas of improvement in your workstation and provide you with practical advice on how to independently and confidently manage your own workspace

Your ergonomic check will involve a detailed assessment, professional recommendations, and essential posture and workstation management education

The assessment will involve a review of the following:

- History of condition
- Current function
- The requirements of your role
- A work area review including all equipment
- On the spot modifications to maximise comfort and ergonomics in your set up
- Photos of your workstation before and after modification
- Specific recommendations to maximise your work station



Your consultant will provide you with an ergonomic checklist and suggested stretching exercises at the end of the assessment.

The education and strategies provided are aimed to increase self-management and decrease risk of condition aggravation or injury.

Your Ergonomic Assessment service is delivered by highly experienced Allied Health professionals with an Exercise Physiology, Occupational Therapy, or Physiotherapy background.



Contact us today to see how we can support you

Nabenet has been a leading provider of health, wellbeing, and injury management services across Victoria since 2002. Offering personalised service, professionalism, and care, we are occupational health experts who understand the needs of individuals faced with an injury, illness, or condition that impacts on their lives.

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