

Avoid Workers Comp Claims, Create a Physically Healthy and Thriving Team Environment

Do you or any of your staff struggle with shoulder and neck discomfort, lower back pain or pins and needles? Sitting at a desk or standing on your feet all day takes its toll. Help your employees thrive and prosper, be more productive and customer focused, by ensuring they feel good!

Did you know physical pain issues can impact business efficiencies through lack of productivity, decreased enthusiasm and extended sick leave periods. Prevent worker's compensation claims by proactively looking after your own and your employee's physical health.



An average of 30,000 major employment injuries are reported to NSW work cover every year.

The practitioners at Hands On Health have seen how posture, injuries and physical stress can directly impact employee's energy, concentration and mood. Employee physical health impacts mental health and influences productivity and performance.

Assist your staff be productive and perform at their best, take advantage of our **COMPLIMENTARY 30 minute in-house presentation**. Customised to suit your workplace and business needs, we provide a quick environment analysis (work station audit), personalised 1-1 physical advice and tips for ensuring injury prevention and peak performance. This program is designed for the Northern Beaches business owner who values the physical health and productivity of each and every team member. This presentation can be easily added into a team meeting, shift changeovers, toolbox talks or incorporated into a team training day.



Georgina Smith and the team at Hands On Health Care Clinic in Balgowlah have been treating patients for the last 12 years. "We are passionate about preventing injuries and impacting health. We love watching people who have suffered through pain, get their function and movement back, enabling them to enjoy life and be active again, at work and at home. There are significant small changes people can do to improve and maintain their own physical health.