



Your Healthy Workplace Advisor

Amanda Sadauskas

I am a physiotherapist with experience in the management of musculoskeletal disorders, particularly those sustained at work. I have engaged with injured workers clinically and with employers for injury prevention and return to work coordination across transport, aged care, manufacturing, construction and trades. Over this time I have seen the importance of a healthy workplace in reducing the risk of injury and ill health and promoting recovery and return to work. This led me to pursue further study in the field of ergonomics, safety and health so that I could better assist workplaces with feasible and practical approaches to workplace health and wellbeing.

A Healthy Workplace is described by the World Health Organisation as a work environment where there is not only an absence of harmful conditions (that can cause injury and illness) but an abundance of health-promoting ones and, importantly, there is collaboration between workers and managers to continually protect, promote and improve health, safety and wellbeing.

Investing in a healthy workplace is not only good for your workers, it is also good for business. Research shows that every dollar invested could result in a \$3-6 return on investment. Healthy workplaces are also 3 x more productive, have 50% fewer injuries and have 9 x fewer sick days taken per year. Ultimately, they are places where people look forward to coming to work, are supported to perform at their best and feel valued beyond just getting the job done.

How can I help you?

I can help you to create a healthy and thriving workplace by working with you to:

- conduct a gap analysis of your current health and wellbeing policies, procedures and programs
- conduct a participative risk assessment of both physical and psychosocial hazards by consulting workers, management and leadership
- conduct an assessment of overall worker health, including current health behaviours, health interests and health concerns to guide appropriate health and wellbeing strategies
- develop an action plan by consulting workers, management and leadership with a focus on work design interventions that are embedded in the workplace at a systems level
- identify low or no cost tools, resources and information that can assist your workplace in making improvements
- review intervention outcomes for uptake and effectiveness and monitor for continual improvement opportunities.

I also offer:

- workplace workshops and information sessions on health, wellbeing and job design
- industry level collaboration for coordinated health and wellbeing interventions.

I can be contacted by phone on **0448 743 817** or email healthyworkplaces@rtwsa.com.