

A person wearing a blue t-shirt, white shorts, and purple sneakers is stretching their right leg on a grey yoga mat. They are holding their right foot with their right hand. The room has a wooden floor, a white radiator, a white lamp on a tripod stand, and a purple mat leaning against the wall.

Work Hardening

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work 
healthy
AUSTRALIA

Work Hardening

A six week program that aims to support and condition new workers in manual handling jobs, and help transition existing workers into more physically demanding roles.

We aim to gradually improve a worker's physical capabilities and tolerance to load, while minimising the risk of soft tissue and repetitive strain injuries.

A focus on improving strength and movement

A work hardening session will involve measuring the participants strength and functional movements, issuing exercise programs, discussing any difficulties they may be currently facing, and tracking their progress.

At the end of their six sessions, we measure their strength and functional movements again, and assess if there has been any change.

We can then recommend whether they would be suitable to move into heavier or more demanding roles in the future.

What are the benefits?

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| 1. Support for workers struggling to adapt to the physical demands of their job | 2. Improved employee retention | 3. Teaches self-management skills for aches & pains |
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Combining exercise coaching with manual handling, lifestyle, and ergonomic advice, Work Hardening complements a comprehensive and supportive approach to employee training.