

Master Your Workstation

Learn to set a safe & ergonomically efficient workstation ensuring comfort & productivity for the years to come!

Do you spend **more than 12 to 30 hours per week** at a workstation or desk & are experiencing conditions like: headaches, neck pain, back pain, tennis elbow, shoulder issues like bursitis?

Did you know:

- **More than 70% of people** experience work-related aches & pains
- **Musculoskeletal & Mental health issues** are often compounded by unhealthy workstation setup
- **Neck issues & headaches** are very common in desk workers
- **These issues can be helped significantly by improving workstation efficiency & comfort**

FAQ's

What is a workstation assessment?

A workstation assessment involves a detailed evaluation of an employee's workstation setup to ensure ergonomics and comfort. It includes adjustments to desk height, chair, keyboard, monitor, and accessories, as well as providing recommendations for improvement.

Who Should Have a Workstation Assessment?

Anyone working at a desk for extended periods can benefit from a workstation assessment, particularly those experiencing discomfort, fatigue, or pain from their workstation setup.

Why is Ergonomics Important?

Proper ergonomics help prevent work-related injuries, such as repetitive strain, back pain, and eye strain. Optimising workstations promotes comfort, increases productivity, and reduces sick days.

What is Physiapp?

Physiapp is a mobile app that provides employees with personalised exercises and stretching routines, which they can follow anytime to maintain optimal posture and reduce discomfort.



Workstation Assessment Packages

INDIVIDUAL ASSESSMENT(S)

\$ 441 /single assessment

\$ 320 /single assessment
(for group bookings of 10+)

- ✓ Ergonomic evaluation for each employee
- ✓ Personalised adjustments to desk height, chair, monitor positioning, keyboard, mouse, and accessories (headphones, printers, document stands, etc.)
- ✓ Desk-based stretches
- ✓ Personalised stretching program via PhysiApp, addressing individual concerns
- ✓ 30 minutes per assessment

ERGONOMIC WORKSHOP

\$ 441 60 minute session

- ✓ Ergonomic training presentation + workstation set-up guide
- ✓ Group session to educate employees on posture, stretching, and optimal workstation setup
- ✓ Guidance on micro-breaks and exercises to prevent discomfort
- ✓ Access to an exclusive posture correction webinar via PhysiApp
- ✓ Desk-based stretching video resources

Get in touch to organise your workstation via: info@therapia.com.au

For more information, call us at 08 82215011 or visit www.therapia.com.au

