



Services we provide:	
Return to Work programs	Pre-Employment Screening
Business Outreach	Private Membership
Corporate Membership	Accredited Exercise Physiology
Sports Club Membership	Enhanced Primary Care
DVA Services	Core Stability

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4th Edition

## Workplace Injuries

Once the domain of only a few organizations, employee wellness has become mainstream with the introduction of OH&S laws that have placed greater responsibility for employees health and safety with their employers.

Whilst employers may strive to keep the workplace safe, workplace injuries will inevitably occur.

Workplace injuries range in severity and may cause short or long-term pain, permanent disability or death. The most common injuries that are caused from work accidents include:

- Neck, back and lower limb injuries
- Head injuries
- Fractures, repetitive strains and sprains
- Chemical and asbestos

- exposure
- Industrial deafness
- Psychological injuries

Work-related injuries can occur in a variety of ways, the most common being:

- Lifting, pushing or pulling an object.
- Hitting or being hit or cut by an object.
- Repetitive movement
- Slip and/or fall
- Vehicle accident
- Exposure to mental Stress

Overall, the type of injury that can occur will depend on the severity and type of work accident involved.

When it comes to recovery, most people injured at work

return to work within a few days but those with more serious injuries may need help through rehabilitation.

If you have been injured at work, then you are entitled to make a claim for compensation. For a claim to be established you must be able to prove that you were injured at work or while doing your job.

In making a workers compensation claim, the injured worker or their representative must advise the employer that an injury has occurred and provide any relevant information required such as details of the incident and medical information relating to the injury.



4. If you're injured at work you're entitled to make a claim for compensation.

True False

**Please turn over for the answers**



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## Quiz

1. What does OH&S stand for?

- A) Out of Hand & Sight
- B) Occupational Health & Safety
- C) Over Head & Shoulders

2. The introduction of OH&S laws has placed greater responsibility on who?

- A) Employers
- B) Employees
- C) The government

3. The most common workplace injuries are:

- A) Burns
- B) Upper limb injuries
- C) Fractures, repetitive strains and sprains

### Quote of the month

“Life is a long lesson in humility”

### Return To Work Programs

Our return to work programs are individualized, functional work conditioning packages designed to:

- Increase work fitness levels
- Improve ability to manage pain and symptom flare-up
- Graduate return to pre-injury work duties
- Restore an injured worker to suitable work activities

All programs are facilitated by our exercise physiologists who ensure the highest standards in delivery of safe and effective rehabilitation.

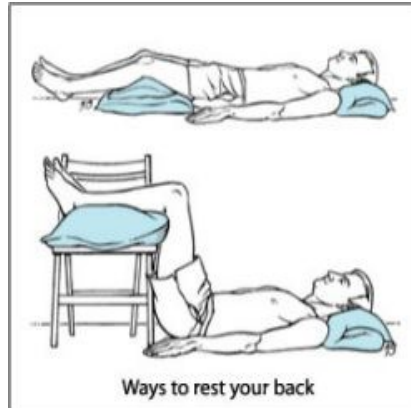
## Lower Back Pain (Common Work Injury)

In order to relieve acute back pain, the best position for rest is lying on the floor, face up, with pillows under the knees, hips and knees bent and feet on a chair, or just with the hips and knees bent. This takes the pressure and load off the back. Heating pads can also help to relax painful muscle spasms. Use heat for 20 to 30 minutes at a time.

In order to relieve acute back pain, 1 to 2 days of rest is usually required.

Resting longer than this can

cause your muscles to weaken, which can slow



recovery. At this stage resistance training may be required, which improves core strength and provides

support for the back. Additionally, being overweight places extra load on the spine. By performing cardio training (and eating healthily) excess weight can be lost and subsequently, the load on the spine can be reduced.

Before attempting any exercise please consult your doctor. If given the all clear, an exercise physiologist, who is qualified to prescribe exercise to individuals with musculoskeletal injuries like these, would be best placed to aid your rehabilitation.

## Turmeric... More Than Just A Spice?

Turmeric comes from the root of the curcuma longa plant and has a tough brown skin and a deep orange flesh. It has long been used in traditional Chinese medicine to treat a wide variety of conditions. The yellow or orange pigment of turmeric known as curcumin has demonstrated significant

anti-inflammatory activity in a variety of studies. Curcumin is thought to be the primary pharmacological agent in turmeric. Its affects are comparable to anti-inflammatory drugs hydrocortisone and phenulbutazone, without associated side-effects. Curcumin also exerts very powerful antioxidant ef-

fects as it is able to neutralize free radicals which are responsible for the painful joint inflammation and eventual damage to the joints. This is important in many diseases such as arthritis and explains why many people with joint disease find relief when they use the spice regularly.

## Win Free Membership & Personal Training

Have you been looking to lose some weight for a while but never really got started? Have you been meaning to get that little bit fitter but haven't really had the motivation? Or, would you really like to address that old injury that keeps causing you problems? If so, then this could be the opportunity that you have been waiting for! Starting in November, we will be running an exclusive competition that provides

each entrant with the opportunity to win a free 12 week membership package AND free personal training sessions with our exercise science team. This one off promotion offers the winner a real chance to address their health and fitness concerns with the support and guidance of specialist exercise consultants and allied health professionals. So, if this is something that you think you can benefit

from or you know of somebody who would gain from this package, please visit our website at [bfitstudio.com.au](http://bfitstudio.com.au) and follow the competition link for more information about the competition and how to enter\*.

**GOOD LUCK!**



Bfit Studio Rehab & Wellness Centre is now on Facebook.