



Home Office Assessments

Altius Group's team of health professionals provide tailored Home Office Assessments to ensure those working remotely benefit from good ergonomics.

Our professionals conduct **home visits** to assess workstation set ups on-site and recommend changes or adjustments in line with ergonomic principles. Our services range from simple ergonomic assessments to more comprehensive consultations for those experiencing pain or symptoms. Altius Group also offers treatment plans for physical concerns relating to home office ergonomics.

Our Ergonomic Assessments:

- Promote employee wellbeing and efficiency.
- Decrease the risk of injuries common to office workers, reducing claims.
- Boost productivity and morale by supporting remote workers to achieve greater output with less effort.
- Limit issues such as headache and fatigue, concentration difficulties, negative postural changes and poor tolerance to workload.
- Empower employees to adopt an ergonomic ethos for the longer term.

What May the Home Assessment Include?

- An assessment of **individual task requirements**, worker capacity and abilities and the overall organisation of the work they perform, including observation and discussions with the employee.
- An assessment of home office equipment design, how it matches work requirements and whether it is **set up** to help an employee work **healthily and efficiently**.
- An **objective evaluation** of hazards and risks within the home office, such as noise, poor visibility and environmental conditions.
- A **closer look** at tasks with high repetition or work done over an extended duration.
- Identifying and correcting poor postures, though **education**. Our team assesses overhead stretching/stooping/reaching, kneeling, crouching and asymmetrical activities.
- A **discussion** of mental demands, such as new technology and work responsibilities.
- Recommendations for change and **ongoing support** to ensure ergonomic adjustments are adopted for the longer term.
- More **comprehensive assessments** may be recommended to those experiencing pain or symptoms, or those likely to experience issues in future.

At Altius Group we understand the role ergonomics can play in reversing the impact of potential problems and how early intervention can help find the right solution. We also know it is important to review the effectiveness of ergonomic strategies to ensure positive changes continue to benefit employees for the long term.

Safe Work Australia's compensation-based statistics on work-related musculoskeletal disorders reported 360,180 claims over a recent five year period. Over 15% of these claims were lodged by a combination of Sales Workers, Clerical and Administrative Workers and Managers.

Prevention Through Education

Home Office Assessments provide employees with the information they need to take responsibility for their own ergonomics for the longer term. During their Home Office Assessment individuals will learn:

- Safe work postures, correct working angles of the upper limbs, sitting positions, viewing angles and optimal workstation layout.
- How to make basic adjustments to workstations to promote neutral postures and ensure regular posture variation.
- Strategies to balance the physical and mental demands of tasks and about the importance of stretch breaks.

Ergonomic Assessments:

- Worker's Compensation Workplace Assessment (Ergonomic): for WorkCover claims where a workplace assessment has been requested and the duties are office-based. Altius Group provides full Ergonomic Assessment Reports and can assist with equipment requirements.
- Non-Worker's Compensation Ergonomic Assessments: requested by the employer, often when a worker has indicated a problem or injury that has not progressed to a worker's compensation claim.
- A Mini Ergonomic Checklist Assessment: often conducted for several workers at once for cost efficiency, perhaps as part of a new worker induction, following an office refurbishment or as a foundation for WHS strategies.



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