



# WorkAble Solutions

OH&S training

## Your injury prevention specialist and Accredited Rehabilitation Provider servicing Greater Sydney, the Central Coast and Newcastle since 1995.



Manual handling training

### Why choose WorkAble Solutions?

**WorkAble Solutions** reduces the burden of workplace injuries and improves workplace productivity utilising a talented and experienced team of health professionals who understand the importance of effective and timely intervention.

WorkAble Solutions specialise in supporting return to work where complications exist and in providing ergonomic assessments and training modules tailor made for individual workplaces.

#### Our results speak for themselves:

At **WorkAble Solutions** we are very proud of our consistently high return to work rates. For a report on our current return to work rates please phone or visit our website.

**WorkAble Solutions** provides a range of injury prevention services designed to assist employers meet Occupational Health and Safety obligations and reduce injuries within the workplace. We also provide occupational rehabilitation services, medico-legal assessments and team building.

WorkAble Solutions utilises the expertise of occupational therapists, rehabilitation counsellors, psychologists and physiotherapists, experienced in injury prevention and occupational rehabilitation. WorkAble Solutions covers the fields of Workers Compensation, Income Protection and CTP.

### INJURY PREVENTION SERVICES

Reduce the likelihood of a workplace injury and improve morale with **WorkAble Solution's** individual ergonomic assessments and team building services.

### TRAINING

Designing training programs can take up considerable management time and resources. Our clients have found **WorkAble Solution's** training programs cost efficient and effective in areas of risk management, manual handling, conflict resolution, stress, organisational change and team building and development.

### TEAM BUILDING

**WorkAble Solutions** designs Team Building programs that are tailor made to the individual needs of your business. Whether it is fun group activities that are relevant to your team or a specifically designed workshop that caters to the learning needs of your team. Our clients have found **WorkAble Solutions'** training programs cost efficient and effective in areas of personal development, productivity, goal setting and achievement, personality profiling, team work, overcoming communication barriers and improving your team's emotional health. An investment in your Team's health is an investment in your business and evidence shows that **healthy Teams are more productive Teams.**

## OCCUPATIONAL REHABILITATION SERVICES

### Return to Work and Case Management Services

Even the best managed workplaces experience the financial and social costs of slips, falls, strains, assaults, stress, workplace change and work related accidents. **WorkAble Solutions** assist in reducing the personal and economic costs of workplace injuries. At **WorkAble Solutions**, management of a work injury is a fluid process where a sustainable return to work strategy is developed and monitored in consultation with all parties until successful achievement.

### Job Placement Services

Our job placement programs acknowledge and comply with WorkCover's rehabilitation hierarchy and include labour market and worker sensitive goal setting, proactive job seeking and post placement support.

WorkAble Solutions seek sustainable job placement, emphasising claim cost efficiency and maximal wage earning.

### Initial Rehabilitation Assessment

WorkAble Solutions provides advice on the most efficient strategy for a sustainable return to work after liaising with all parties, reviewing the workplace, job requirements and injured worker's medical and functional status.

### Workplace Assessment

We visit, analyse and report using best practice measures for job and work design, good job fit, ergonomic and environmental health, and task/skill analysis.

### Functional Capacity Evaluation

WorkAble Solutions assess safe and maximal functional tolerances for individual workers using the Workhab FCE system and other standardised tools to assist in safe return to work or in determining suitability within pre-employment screenings.

### Vocational Assessment

WorkAble Solutions assess the employability of an individual worker using objective and subjective vocational testing, worker interview, transferable skills analysis, labour market trends and comparable wage information.



Reduce the cost of workplace injuries

### Activities of Daily Living Assessment/ Provision of Aids and Equipment

The physical needs of injured clients are assessed in their home or workplace and sensible, cost efficient recommendations are proposed for the purchase, supply and installations of aids and equipment.

### Job Capacity Account Services

We provide a unique, intensive series of workshops for the long-term unemployed aimed at laying the foundation skills for a successful return to work. (See website for referral form).

## MEDICO-LEGAL ASSESSMENT SERVICES

**WorkAble Solutions** provide medico-legal assessments including Section 40, Stress, Workhab Functional Capacity Evaluations, Earning Capacity Assessments and Activity of Daily Living Assessments. Each WorkAble Solutions consultant has extensive experience and impressive qualifications. Reports are accurate, appropriate and cost effective.

## EARLY INTERVENTION ASSESSMENTS and CASE REVIEWS

**WorkAble Solutions** provide assessments aimed to initiate the return to work process by having early contact with all parties after an injury. Reviews of complex or stalled cases can help progress a case.

*To refer a client to WorkAble Solutions or for further information please call us on 1300 73 44 91 or visit our website at [www.workable.com.au](http://www.workable.com.au)*

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