



**BODYCARE**  
WORKPLACE SOLUTIONS

# Health and Safety Services

Think Safe; Work Safe;  
Be Safe throughout this  
National Safe Work month  
and beyond.







# Think safe; Work safe; Be safe

October marks, National Safe Work Month, where we shine the spotlight on workplace health and safety.

This month, we encourage you to think safe, work safe, be safe by starting the conversation and empowering your employees to take positive steps towards better health.

It is our belief that all workers should feel and be safe at work so this October and throughout the year, let's work together to keep each other healthy and safe at work.



# VIRTUAL PHYSICAL ACTIVITY PACK

Due to the pandemic impacting the vast majority of workplaces, a large number of employees across Australia and New Zealand are now working from home. With this change in working landscape, many employees have reported challenges, including having trouble stepping away from the computer, working longer hours without breaks and establishing an exercise routine among other challenges.

To help support employees who are working from home, we have put together a virtual physical activity pack, where employees will be able to partake in one of our online activity classes, each week throughout this National Safe Work Month.

## **Whats included:**

- 4 x 30 minute classes (commencing 4th October 2021, with each class running once per week over 4 weeks).
- Classes will be run at set times online.
- Cost: \$1920 (ex GST) provides access to unlimited attendees to all four classes over 4 week period.
- Handouts will be provided for each class.

Please note: There is an additional cost for spikey balls (\$6 per person plus postage to central location). The spikey ball program can also be modified for employees that don't have a spikey ball (we'll show them how a tennis ball can be just as effective).

Click [here](#) to enquire about the Virtual Physical Activity Pack.

# CLASSES

## Spikey Ball Program

With the increasing number of people working from home, longer working hours and less frequent postural breaks, self-therapy strategies have never been more important. A spikey ball is an excellent tool that can be used by anyone to relieve muscular tension, tightness and discomfort that may be caused by repetitive overloading of muscles or prolonged postures. This program is designed to provide your team with advice and information about how to use their spikey ball effectively, common areas of the body to target and different techniques that can be used to maximise the result.

## General Exercise

In a time where working hours are long, sedentary postures are frequent and gym closures are common, the ability to find time to exercise can often be lost.

Exercise has many benefits, not only for our physical health, but also for our mental health and wellbeing. Fortunately, it doesn't take much to negate some of these effects, and this session is designed to help your team do just that, by getting them up and moving from their desk, their heart rate pumping, muscles working, and perhaps even working up a sweat, through a whole body workout!

## Desk Pilates

"Core stability" is the ability to control the position of the spine and pelvis during movement. It is produced through the coordination of the muscles, joints, ligaments and nervous system and is essential for helping to minimise the development of movement dysfunction and musculoskeletal injury. During this session, a qualified health professional will take your team through a core stability program with the aim of providing key exercises, strategies and cues to teach them how to engage these vital muscle groups through a variety of floor-based exercises.

## Postural Strength and Mobility

Neck discomfort, shoulder tightness, upper back stiffness, headaches; do any of these symptoms sound familiar? If they do, it may be a sign that your posture needs some work.

Poor posture can lead to an overactivity (and tightness) of the muscles at the front of our shoulders and a subsequent weakness of those in our upper back, leading to the symptoms listed above. This session aims to prevent these musculoskeletal issues and provide your team with exercises and strategies to activate those upper back muscles and improve their posture.

# WELL AT WORK NEWSLETTER

Until the end of October, we are offering an introductory promotion for the Well at Work Newsletter. Subscribe and pay up front for 12 months and receive 2 months FREE.

Well at Work is Australia's leading employee health and wellness newsletter. Well at Work is an engaging resource that sends a clear message to your employees that you care about their health. Each issue provides positive, proactive and realistic advice that employees can immediately put into practice.

Well at Work is available in both digital and printed formats, plus you have the ability to customise the newsletter with your own logo and header.

“  
**Imagine having  
your own health  
education and  
newsletter, informing  
and inspiring your  
employees about  
health, wellness  
and safety.**

”



CLICK HERE  
TO SUBSCRIBE & SAVE

2 MONTHS  
FREE

14 MONTHS FOR  
THE PRICE OF 12

healthw@rks®

wellatwork™

## 3 daily habits that protect your heart

It kills one Australian every 27 minutes, and affects around 1.2 million of us. It's coronary heart disease, and it remains the single leading cause of death in this country.

Most of us are by now familiar with a heart-healthy lifestyle: eating wisely, exercising regularly, keeping our weight, blood pressure, cholesterol and blood sugar in check, and quitting smoking.

But there are three other strategies now known to also protect your heart. Develop

for women, according to a study published by the *Journal of Psychiatric Research*.

The study found that women who reported sleep deprivation (sleeping less than six hours per night) had far more inflammation than men who slept the same amount.

**Manage your stress**

and walking, and staying connected with friends and family.

**Floss your teeth**

Daily brushing and flossing not only helps prevent gum disease at bay, they may reduce heart disease risk too.

"People who have gum disease are





# MICRO WEBINAR BUNDLES

## Educate and support your employees to understand, address and manage their health and wellness at work.

With changing work environments and many employees working remotely, it can be difficult to continue to meet the evolving wellbeing needs of the workforce.

We have created the following bite-sized webinars to provide your team with health & wellbeing information that they can digest easily, without having to take too much time out of their busy schedules.

These **30-minute sessions** comprise of **20 minutes of content** followed by **10 minutes of question time**.

We have created 3 different bundles for you to choose from to educate and support your employees and help them improve their mental and physical health.

These sessions are designed to be delivered virtually so your team can stay connected wherever they are.

Click [here](#) to enquire.





## Optimising Physical health

These sessions will outline the steps your team need to take to ensure they are managing their physical health and minimising their risk of chronic disease. Each session targets a different area of facets that contribute to physical health from sleep to nutrition to the importance of exercise.

- Forget Fitness And Nutrition If You Don't Address Sleep First
- Healthy Eating Explained
- Physical Activity – How Much Do You Need to Make a Difference?
- Alcohol – How Much is Too Much and Should You Cut Down?



## Boosting Resilience

These sessions gives employees the tools they need to improve their resilience - from learning how to manage stress, to how to create the perfect sleep routine, what foods to eat and tips to initiate a simple but effective mindfulness practice.

- Strategies to Manage Stress
- Foods to Boost Your Mood
- How to Create the Perfect Sleep Routine
- A Simple but Effective Mindfulness Practice



## Wellbeing Series

These sessions focus on the key facets of wellbeing – including the importance of sleep, creating healthy habits, work life balance, mindfulness practice and more.

- Creating Healthy Habits
- Brain Super foods
- Womens Health Through the Decades
- Mens Health Through the Decades

# FREE HEALTH & SAFETY MONTH RESOURCES

Educational resources are another great way to keep your employees engaged by placing health and safety reminders around your workplace.

In preparation for Health and Safety Month, we have created promotional posters to encourage workers to think safe, be safe, and work safe.

We encourage everyone to print them out and put them around the office or workplace!

**Click [HERE](#) to  
access our 2021  
Health and Safety  
Month posters!**













“

WE'VE ALL SEEN AND BEEN  
INSPIRED BY THE POWERFUL  
EFFECTS THAT EVEN THE MOST  
BASIC HEALTH IMPROVEMENTS  
CAN HAVE ON SOMEONE'S LIFE.

”



**BODYCARE**  
WORKPLACE SOLUTIONS

**INJURY PREVENTION  
SPECIALIST**



# ABOUT US

Bodycare Workplace Solutions is one of Australia's leading providers of occupational health services and solutions. Since 2000, it has been our mandate to assist organisation's in building healthy and resilient workforces by providing holistic occupational health services that are underpinned by industry leading technology and software systems.

# BODYCARE

WORKPLACE SOLUTIONS

To enquire about these services,  
please contact:

1300 222 639  
[enquiries@bodycare.com.au](mailto:enquiries@bodycare.com.au)  
[www.bodycare.com.au](http://www.bodycare.com.au)

