



Ergonomics For Hybrid Working.

Providing risk assessments, video consultations, education, and webinars for employees no matter where their workstation is.



Introduction.

Flexible and hybrid working has become the standard in the post-pandemic world, and our team is here to help every company, big or small, to remain compliant with legislation and do their best for their workers as they navigate the modern workplace.

We understand that every business is unique, so our service offers a complete solution which ensures compliance with current legislation and can be tailored to your needs. Our offering includes:

- Home Working Policy Guidance (if required)
- Online Risk Assessment
- Individual Reporting With Recommendations
- Corporate Reporting With Company Overview
- One-To-One Assessments - Home & Office Workstations
- Webinars / Seminars
- Annual Subscription (for new starts/return to work, etc.)

Who Are We?

We are a team of CORU-registered physiotherapists who are passionate about ergonomics. Each of our assessors have completed specialist training to ensure they provide the most up-to-date advice.

As musculoskeletal experts, physios are best placed to assess and effects on the individual caused by their workstation set up and recommend changes to remedy it.

As a result, our complete solution encompasses the needs of every employee, including those who require more specialist attention and advice - no matter where they are working.



An employee working a 40-hour week will work an estimated 90,000 hours during their life – 67,500 of which will be spent sitting.

If they are sitting incorrectly, that's a pretty long time.





Preparation & Launch.

Together with a contact from your team, we will walk you through the steps from start to finish, with the collective aim of getting maximum employee engagement.

During the kick-off meeting we will discuss and sign off on the start & end dates for the initial roll out and any of the below items.

Policy Guidance

We will provide the designated point of contact on your team with a set of guidelines to help them construct a company-specific home working policy, if required.

Comms Package

Your point of contact will receive a comms package to boost engagement and provide a clear roadmap for your employees to understand what they need to do.

Equipment List

We will provide the minimum requirements for equipment as outlined by the legislation. Together we will determine what will be covered by the company and what sits outside of this.

Launch Webinar

We will agree dates and times for a webinar for employees. This will provide your team with practical tips to encourage them to be proactive about workstation wellbeing.

Home Worker Risk Assessment.

A risk assessment is an important first step to fully assess the situation & make tailored recommendations for home workers. Our comprehensive risk assessment covers all areas of ergonomics – workstation set up, hazards, environmental surroundings, and any potential issues they may already be experiencing whilst working from home.

Depending on the results, employees are categorised into:

- Red – high risk
- Orange – medium risk
- Green – low risk

Each employee will receive a report stating which category they fit into, highlighting any information of note, and provide quick tips that could make an immediate difference to their home workstation.

These reports can also be sent to the employer, however a live dashboard is available where completion rates, aggregate information, recommendations & advice can be viewed in real time and downloaded.

The link will remain open for new starters and employees returning to work or in new environments are captured.





Video Consultation.

After their risk assessment has been completed, each home working employee will receive a link to book their video consultation dependent on the case's level of urgency based on their risk category. This 30-minute session with a specially trained physio in ergonomics looks at their workstation, available equipment and posture when working from home.

Following this, a second report with recommendations will be sent to the employee and/or employer. This includes any equipment recommended for that individual and it outlines whether or not it will be covered and paid for by the employer.

VDU Consultation.

To assess their office workstation, employees will be invited to a 30-minute VDU consultation, delivered either digitally or onsite.

Following this, a further report with recommendations will be sent to the employee and/or employer, also including any equipment recommended for that individual's office workstation.

All activity will be visible on the live dashboard by the employer throughout the employee journey.

Reporting.

Employees will receive personalised reporting following each assessment and consultation, with education and video clips where needed.

Employers will receive:

Initial Roll Out.

We will provide access to live dashboards. At the end of the initial roll out we will provide you with:

- A complete guide to equipment recommendations.
- A complete view of all Health & Safety issues that were identified.
- A service summary report.

Ongoing.

In addition to the live dashboard, an automated email will be sent weekly to capture ongoing use for ad-hoc cases.

A full service summary report will be issued at the end of the year, outlining employee engagement, injury trends, environmental issues and working trends.



Pricing.

Please note all prices exclude VAT.

Digital Risk Assessment	€3 per employee per annum (min €750pa)
Video Assessments Open Diary 1-to-1	€60
Video Assessments Half Day (7 appts)	€400
Video Assessments Full Day (14 appts)	€770
Onsite Assessments Full Day (14 appts)	€840
Video - Specialist Assessment Pregnancy / Clinical	€150
Live Seminar Range Of Topics	€420

*Price based on total employees
Mileage may apply*



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