



A mandatory approach to measuring, managing, monitoring and minimizing the risk of personally-generated body system dysfunctions (metabolic, musculo-skeletal and mental) being dressed up as work-related injuries – makes eminently good sense. Here’s a sample check list based on seminar participation, physical assessment (where appropriate) and self-directed learning and evaluation modules.

Safety induction.		<input type="checkbox"/>
1.	Policy discussion, including simple safety procedures like hanging on to rails when going up or down stairs and wearing appropriate footwear ... and including a self-directed learning module.	
First aid course		<input type="checkbox"/>
2.	Designed so people know what to do they and their work colleagues are injured or distressed - including a self-directed learning module..	
Fitness		
3.	Fitness seminar – plus yearly physical assessment and self-directed learning module	<input type="checkbox"/>
Musculo-skeletal		
4.	Musculo-skeletal health seminar – yearly physical assessment and self-directed learning module	<input type="checkbox"/>
5.	Specific joint assessment to determine pre-existing conditions.	<input type="checkbox"/>
6.	Musculo-skeletal Clinical Diagnostic Assessment for those at risk and those submitting claims.	<input type="checkbox"/>
7.	Diagnostic imaging for people with pre-existing conditions and those submitting claims.	<input type="checkbox"/>
8.	Daily Pro-Active Rehab program for people with pre-existing musculo-skeletal conditions and people on workers compensation.	<input type="checkbox"/>
9.	Daily strength and flexibility exercise program for all staff.	<input type="checkbox"/>
10.	Manual handling seminar - and self-directed leaning module.	<input type="checkbox"/>
11.	Work-station assessment and set-up - and self-directed learning module.	<input type="checkbox"/>
Stress management		
12.	Stress Management seminar – personal assessments and self-directed learning module.	<input type="checkbox"/>
13.	Pro-active rehab program for people with stress conditions and those on compensation.	<input type="checkbox"/>
14.	Information – pamphlets, posters, books, audio files and videos	<input type="checkbox"/>
	Etc etc	