

Accent on Employers

Issue 4 – May

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Accent Website

Manual Handling

Accent is now offering a manual handling refresher workshop to employers.

The workshop is designed to provide relevant manual handling tips and techniques to employers and employees.

The workshop is conducted onsite and lasts 30 minutes.

On conclusion of the workshop, participants are provided with a Working Smarter poster and manual handling poster

For more information, please contact our training department on **02 4731 5009**



Message from the Director

Welcome to another edition of Accent on Employers.

It has been a very busy few months within the workers compensation and OHS industries.

Our thank you goes out to the employers/clients, ministers and local members who assisted our cause to have WorkCover NSW review their current moves and structural changes towards workplace rehabilitation. While the rehabilitation industry is open to change an reform, what is needed is a robust consultation process to ensure structural changes do not impact on employers, injured workers and most of all, your premiums.

Our edition focuses on the role of the rehab provider in your workplace. As always though, prevention is always better than rehab so in this edition you will find some useful tips to help with workplace manual handling. Print them off and stick them around the place.

For a more intense manual handling review, book in one of our 30 minute manual handling refresher courses. We will come and present them on site and tailor the manual handling component to your workplace and manual handling needs.

Enjoy the May edition.
Daniel De Paoli



In May Accent and Konfident Kids held a fundraising event to raise awareness for Autism.

Drawtism seeks to increase the community's empathy for those affected by Autism Spectrum Disorder

To donate, log onto www.drawtism.com.au



Feature Article – Injury Management

THE ROLE OF THE WORKPLACE REHABILITATION PROVIDER

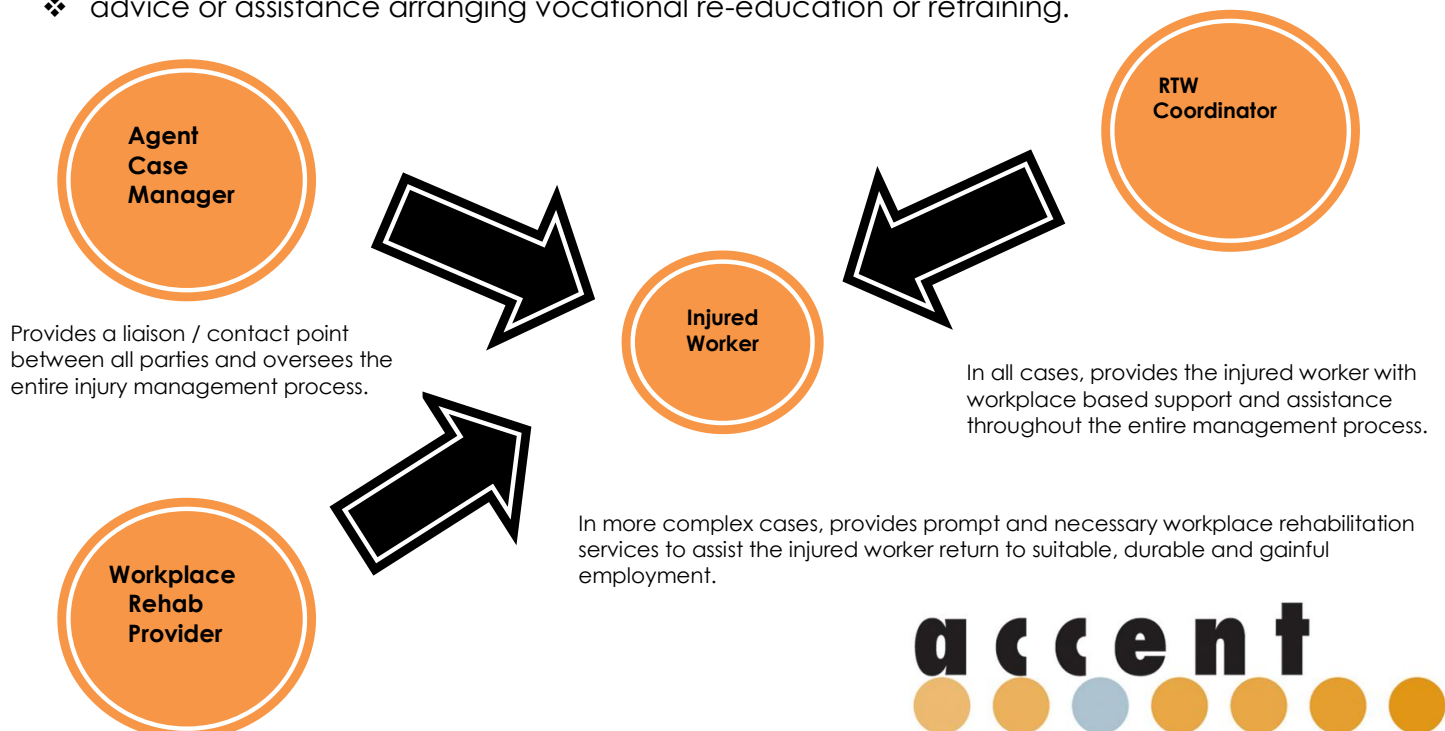
Workplace rehabilitation is a managed process involving timely intervention with appropriate and adequate services based on assessed need. It is aimed at maintaining injured or ill workers in, or returning them to, suitable employment.

A workplace rehabilitation provider is an organisation with the qualifications, experience and expertise to deliver services as part of this process. It helps injured workers return to work by providing expert advice and services in consultation with workers, employers, insurers, treating doctors and other providers, and that are tailored to their specific circumstances.

A workplace rehabilitation provider identifies and addresses the critical physical, psychological, social, environmental and organisational risk factors which may have an impact on a worker's ability to successfully return to work. It achieves this through delivering workplace rehabilitation services.

Workplace rehabilitation services that are delivered by an accredited provider include:

- ❖ initial workplace rehabilitation assessment
- ❖ assessment of the functional capacity of workers
- ❖ workplace assessment
- ❖ advice about job modification
- ❖ rehabilitation counselling
- ❖ vocational assessment
- ❖ advice or assistance with job seeking
- ❖ advice or assistance arranging vocational re-education or retraining.



Health & Wellness

With a heavy workload, it is hard to find ways to maintain fatigue and focus on the task. Accent has outlined a few stretches that can prevent fatigue and reduce potential incidence for injury

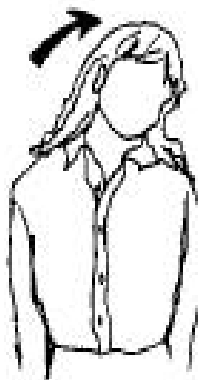
**You should
aim to stretch
every 2 hours.**



Back Rotation
10 Seconds
each side



Neck Flexion
5 Seconds



Head Rotation
5 Seconds



**Shoulder
Stretch**
10 Seconds

Take a break

Laugh Out Loud

A police recruit was asked during the exam, "What would you do if you had to arrest your own mother?"

He answered, "Call for backup."

Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 2 | 3 | | 5 | 1 | | 9 | |
| 5 | | | | 2 | | 7 | 8 | |
| 7 | 4 | 1 | 6 | | | | | |
| | | | 2 | 3 | | | | 4 |
| 9 | | 5 | | | | 3 | | 8 |
| 4 | | | | 8 | 5 | | | |
| | | | | | 9 | 1 | 7 | 3 |
| | 9 | 6 | | 7 | | | | 2 |
| | 8 | | 4 | 1 | | 5 | 6 | |



Trivia

1. Which country singer starred in 9 to 5
2. Who was the first actress to win an oscar for playing the role of an Oscar nominee?
3. In 1990 who won an achievement Oscar and Myrna Loy?
4. In 1982 who won a special award for 50 years of film making?
5. Which actress appeared on the cinema poster for titanic?
6. "Mean, Moody, Magnificent" was the slogan used to advertise which film?
7. Which star of Three Men and a Baby had appeared in cheers?
8. Who eventually played the part Kate Winslet went for in Sense & Sensibility?
9. Who said "I knew that with a mouth like mine I just had to be a star or something"?
10. What was the name of the very first sci fi movie, made in 1902?

Answers: Dolly Parton, Maggie Smith, Sophia Loren, Micky Rooney, Kate Winslet, The Outlaw, Ted Danson, Imogen Stubbs, Barbara Streisand, Voyage to the moon.