

INTERACTIVE WEB BASED PROGRAM

Pinnacle Performance is a software program designed to reduce the risk of musculo-skeletal injuries for office based employees. It provides employees with simple, easy to follow advice on workplace ergonomics and manual handling to minimise their risk of sprains and strains.



ANATOMY

Sprains and strains are the most common form of injury in the office environment. Educating employees on how their body works provides a rationale for behavioural change.

ANATOMY

- Spine
- Muscles
- Tendons
- Nerves
- Ligaments
- Discs
- Joints

EXERCISES

- Golden Rules
- Neck
- Back
- Legs
- Shoulders

PAIN CHART

For targeted strategies, choose a body area:

- HEAD
- EYES
- NECK
- SHOULDERS
- BACK
- ELBOWS
- HANDS
- LEGS



ORIENTATION TO YOUR WORKSTATION

- Checklist
- Questionnaire
- Chair
- Desk
- Monitor
- Document Holder
- Mouse
- Keyboard
- Footrest
- Phone
- Laptop
- Storage Folders

MANUAL HANDLING

Step by step instructions that demonstrate correct manual handling techniques. Topics include general principles, compactors, archive boxes, trolleys, mobile cases, laptops, loading vehicles and keyboard & mouse techniques.



ORIENTATION TO YOUR WORKSTATION

This section can be used to compliment your Induction Program or act as a refresher tool for existing staff. The questionnaire can be emailed to a key representative in your organisation for staff reviews or included with induction documentation.

PAIN CHART

The pain chart addresses employees existing issues and promotes responsibility and problem solving.

If experiencing symptoms eg headaches, the employee clicks on this section of the body chart and is immediately provided an array of workstation layout and self management strategies, including stretches.

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EXERCISES

An array of preventative stretches which can be printed by the employee and placed next to their computer or taken home to encourage overall wellbeing.