

A Safelifting Program for Industry



**Queensland Backcare
Association Inc.**

Four Questions

- Are your employees required to perform lifting actions in the course of their work?
- Is your company concerned about reducing the incidence of back injury through incorrect lifting in the workplace?
- Is there a lack of knowledge of the causes of back injury and why some employees are more at risk than others?
- Is your company seeking ways to enhance its worker safety program with education and individual tuition for employees in back care and safe lifting techniques?

If your answer to any of these questions is **YES** then please consider the **Safelifting Program** of Queensland Backcare Association.

Introducing the QBA

The Queensland Backcare Association Inc. was formed in 1987.

We are recognised as leaders in the field of safety education in Australia. Within our ranks are doctors, physiotherapists, sports scientists, teachers and educators who contribute to our programs.

Safety, good posture and proper techniques of lifting are our everyday concern. We offer the benefits of our skills and experience to your company to improve workplace health and safety.

Back Injury A Cost to Everyone

The cost to the community of back injury directly resulting from incorrect lifting is very great. The total of workers compensation claims for such injuries in Queensland surpasses \$14 million on an annual basis. As Queensland's population is 3.1 million this equates to approximately \$4.00 per annum for every man, woman and child.

To the employee back injury mean an average of 29 days off work, visits to the doctor, physio, chemist, hospital and an alteration to lifestyle.

Employers must take steps to reduce their costs associated with downtime, lost efficiency, re-training, recruitment, administration and insurance

A New Approach to an Old Problem

The QBA offers a dynamic and interactive approach to the avoidance of back injury. Our proposal is that we give hands-on tuition in good posture and effective lifting skills to your company's employees. This will also involve testing of each employee's present awareness and skills in correct lifting practices.

We will also dispense basic knowledge of the cause of back strain and what causes pain.

The 30 Minute Safelift Class

All participants in the Safelift Program will receive thirty (30) minutes tuition carried out by qualified and experienced QBA Staff as follows:

Theory

- ⇒ An outline of the cost of back injury caused by incorrect lifting to the individual, the employer and the community.
- ⇒ An explanation of the anatomy of back injury, what is injured, why there is pain.

Practical

- ⇒ Individual tuition of each employee in the setting of good posture and utilisation of correct lifting techniques i.e. lifting of objects from the floor or other low positions.
- ⇒ Practical instruction in bending and lifting skills with objects familiar to your workplace.
- ⇒ Testing and assessment of each employee in their performance of lifting an object from the floor to waist height BEFORE and AFTER tuition.

The results of all assessments are provided to the employer.

The Cost

Within a 50Km radius of the QBA's centre of operations in Brisbane's CBD:

Conduct of standard 30 minute class of 5 employees

1st group in any one day \$60.00

Each consecutive group on same day \$50.00

Within a 100Km radius but more than 50Km radius of the QBA's centre of operations in Brisbane's CBD:

Conduct of standard 30 minute class of 5 employees

1st group in any one day \$75.00

Each consecutive group on same day \$50.00

Outside a 100Km radius of the QBA's centre of operations at Brisbane's CBD:

Conduct of standard 30 minute class of 5 employees

Each consecutive group on same day \$50.00 **plus** call-out fee of 30 cents per Km

Safelift Program for Industry

Expression of Interest Form

Name:	
Position:	
Company:	
Postal Address:	
Physical Address:	
Tel:	
Fax:	

appropriate box

Please telephone the above person

Please make an appointment to see the above person

Please return to:

The State Administrator,
Queensland Backcare Association,
PO Box 9999, Brisbane 4101,
Tel: (07) 3244 5063 Fax: (07) 3244 5152