



In today's demanding workplace, the need for preventative strategies is more important than ever.

Better Moving Workshops are targeted to the active worker and are designed to prevent muscle and joint conditions from occurring and to promote better working behaviours.

They are delivered by a Specialist Physiotherapist with extensive knowledge in body mechanics and injury prevention and management

## Range of Better Working Workshops

### Better Bodies

- One day muscle and joint awareness days focusing on prevention and management of common MSK disorders affecting the manual handling operative

### Better Backs

- Evidence based Back Care classes aimed at preventing and managing lower back conditions

### Better Lifting

- Formal manual handling training, tailored to your industries specific requirements with practical demonstrations and preventative strategies

## Benefits for you

- Fast and easy access to high quality Trainers
- Delivered on-site, minimizing time lost from work
- Focus on preventative strategies to MSK problems
- A flexible and customer-focused approach to service delivery in order to meet your organizational needs

## Contact us

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