



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

Better Working Workshops are a range of products that target the sedentary office worker and are designed to promote improved working environments and working behaviours.

They are delivered by Specialised Physiotherapists with extensive experience in dealing with work related issues, from both an ergonomic and musculoskeletal perspective

Range of Better Working Workshops

Walk and Talk Workshops

- One day office walk-through workshops with onsite drop-in clinics

Agile Working Workshops

- One day workshops targeting employees undergoing a change to their working practices such as a move to agile/flexible working

DSE Training

- One day, formal classroom based training for trainers and employees

Office ergonomic assessments

- Site visits with ergonomic evaluation of the workplace followed by comprehensive report with specific recommendations

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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