

BODY | SMART

CRITICAL THINKING FOR A SUSTAINABLE WORKPLACE

EMPOWER YOUR WORKFORCE

Through our **Body Smart Program**, we equip your team with the knowledge and skills to stay **energetic, engaged, and injury-free**—both on and off the job.

Why Choose Body Smart?

- **Enhance Productivity:** Healthy, injury-free employees perform better and work smarter.
- **Boost Team Performance:** A resilient workforce strengthens collaboration and reduces downtime.
- **Foster Long-Term Well-being:** Help your team stay safe, healthy, and energized for the future.

What Will Workers Learn?

CRITICAL THINKING

- **Definition & Identification:** Learn what hazardous manual tasks are and how to spot them in your workplace.*
- **Risk Prevention:** Dive into the characteristics of these tasks and how to prevent musculoskeletal injuries.
- **Practical Applications:** Participate in hands-on activities, including task analyses and video reviews, to relate knowledge to your team's specific roles.

* in alignment with Hazardous Manual Tasks Code of Practice 2021

Who Is This For?

The Body Smart Program is designed for workplaces committed to **employee safety, injury prevention, and holistic wellness**. Whether you're in construction, office environments, or any other industry, we tailor the program to your unique needs.

Workshops are delivered onsite face to face, ideally with groups of 15 workers over a 2 hour session.

Build a culture of health in your workforce

Contact Edser Health today to learn more about how the Body Smart Program can transform your workplace!

Contact Jacqueline Edser

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BOOK YOUR PROGRAM TODAY!

BODY SMART

HEALTHY BEHAVIOURS

- **Integrating Science and Wellness:** Explore the 4 pillars of human health and how they interact; moving, eating, sleeping, thinking.
- **Holistic Strategies:** Creating practical real world, no fuss strategies to implement straight away, workers will feel empowered to take Body Smart actions.