

Independent Living offers the following range of workplace assessments and rehabilitation services:

1. OSH Audit: This is recommended if an employer wishes to have the workstation set-ups of all its staff members reviewed in order to ensure that OSH standards are being met. We suggest that this workstation assessment audit be completed annually as this is more cost effective as it will reduce the number of individual or comprehensive workplace assessments that may be required. Workstation set-ups and seating will be reviewed and adjusted accordingly. Information on injury management techniques will be provided. Also during this Audit individual staff may be identified who require a more in-depth assessment and this will be highlighted for the referrers' attention. Findings will be submitted in one document as well as including recommendations for consideration. Estimated time is a review of 3-4 staff members per hour plus write up time. Costing will be at an hourly rate which includes report and handouts.
2. Workstation Evaluation: This is recommended for individuals who have reported early signs of discomfort and pain which may be affecting their ability to carry out work related duties. This assessment covers workstation setup, adjustments to workstation/seating and injury prevention techniques. Findings are outlined in an individual report for each staff member as well as including recommendations for consideration. Estimated time 30 minutes per assessment. Costing will be per assessment which includes report and handouts.
3. Comprehensive Workplace Assessment: This is recommended for individuals reporting moderate to severe signs of pain and discomfort or injury which is significantly affecting their ability to carry out work related duties. Individual may have received medical or rehabilitation intervention and/or needed to take time off work. This assessment includes taking a detailed clinical history followed by an assessment of the workstation setup, adjustments to workstation/seating and injury prevention techniques. This assessment also includes biomechanical and psychosocial assessments if required. A fully detailed report will be submitted outlining the findings of this assessment as well as including recommendations for consideration. Estimated time is 60 – 90 minutes for assessment plus write-up time. Costing will be at an hourly rate which includes report and hand-outs.
4. Development of Graduated Return to Work Programmes: This is recommended for those individuals who have been certified fit to return to work over a period of time on either their normal duties, selected duties or alternative duties. A graduated return to work programme is developed and later monitored by an Occupational Therapist if approved by GP, medical specialist and employer. Modifications to this plan may occur depending on the individual's progress. Costing will be at an hourly rate which includes initial RTW plan, revised plans and OT monitoring time.