



INJURY PREVENTION

At Cogent Thinking, we are committed to the principle of prevention being better than cure. We offer a full suite of injury prevention services to assist our clients make their workplaces safe, healthy and productive.

Cogent Thinking's injury prevention services deliver the latest in training and assessment and best practice to any organisation. The services are fully customised to the needs of our clients, whilst ensuring full compliance to legislative requirements. Services include:

Workforce training solutions: Strong4Life



Strong4Life is an injury prevention training system that helps your workforce to better understand their body and mind in relation to the work they

perform. It empowers individuals to make positive and healthy choices in their daily activities and results in real behavioural change in relation to manual handling, office ergonomics and mental health.

Strong4Life can be delivered as standard or advanced packages, and can include face-to-face training, e-learning, train the trainer programs or a blended combination of all options.

Job Task Analysis

A Job Task Analysis is a thorough and detailed review of the main tasks carried out in a particular role. It ensures that the person undertaking a job has the necessary physical, cognitive and psychological abilities to complete it safely, effectively and productively.

Pre-employment assessments

Carried out by a certified health professional, a pre-employment assessment is the functional evaluation of a potential employee against known parameters of the role they have applied for. It results in a successful match of employee to suitable role and has been shown to dramatically reduce an employer's injury exposure and workers compensation premium.

Fit4Work assessments

Conducted annually or as required, a Fit4Work assessment reviews a current employee's physical capacity to perform the functional demands of their role. It assists to identify employees who may be at risk of injury or aggravation of a pre-existing injury, while performing their duties at work.

Ergonomic assessments

In addition to ergonomic training, Cogent Thinking can offer individual ergonomic assessments to ensure correct workstation set up and the implementation of stretches for injury prevention.

Cogent Thinking can also provide:

- ▶ Occupational Health and Safety advice
- ▶ Employee wellbeing programs
- ▶ Work conditioning services

