

# Workplace injury prevention and rehabilitation service



**APM WorkCare are located in all states and territories across Australia, including local teams based in a variety of regional areas. Our team specialise in assessments, support services and training to help reduce the risk of injury and return injured employees back to work quickly.**

## **Injury prevention services**

The best way to avoid the impact of injuries on your team and business is to prevent them. A 2018 study\* determined integration of health management programs and early injury management can lead to a 46% reduction in injury compensation claims over a three-year period and a 43% reduction in premiums over a six-year period.

APM WorkCare can help you create a working environment that encourages safe practices and attitudes to look after your employees and keep them safe. We work with you and your team to deliver a range of injury prevention services that can be tailored to your business.

These services include:

- Ergonomic training and assessments
- Manual handling training
- Functional capacity evaluations
- Warm-up for work programs
- Pre-employment functional assessments
- Job analysis (job dictionary)
- Worksite assessments



\*National Library of Medicine, 2018, Measuring the effectiveness of workplace health management programs: An Australian example, viewed 6 October 2023, <[www.ncbi.nlm.nih.gov/pmc/articles/PMC6030229](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC6030229)>

**To engage our injury prevention services, refer today via [workcare@apm.net.au](mailto:workcare@apm.net.au)**



# Early intervention services



**Early intervention is the single most critical factor in reducing lost time and achieving successful recovery and return to work outcomes.**

APM WorkCare is committed to understanding the needs of your business and developing a tailored early intervention service for both physical and psychological injuries that suit your workplace and employees.

Our structured approach ensures timely assistance and intervention including:

- Timely triage and stakeholder contact
- Attendance at initial medical reviews with your injured employee both in-person and via telehealth
- Liaison with providers to fast-track medical access, including physiotherapy appointments and specialist reviews
- Coordination of incident debriefing or workplace counselling with our psychologists and rehabilitation counsellors if required
- Development of an initial injury management and return to work plan for your workplace
- Clear communication with key parties, including you or your employee's supervisor, your employee, medical practitioners and insurers
- Access to treatment services within the APM Group of brands including Biosymm, LifeCare and Assure for on-site and in-clinic physiotherapy, and ongoing counselling and coaching support
- Innovative virtual reality pain recovery program to aid in recovery and minimise barriers due to pain
- National coverage across all states and territories in Australia as well as regional areas to support your workforce

**To engage our injury prevention services, refer today via [workcare@apm.net.au](mailto:workcare@apm.net.au)**

