

## Company Background

Health & Sports Physiotherapy Ltd was established by Chartered Physiotherapist, Daniel Jones with the aim of providing the public with a team of highly skilled clinicians specialising in the treatment of musculoskeletal and sports injuries. All practitioners are Chartered Physiotherapists registered with the Health Professions Council, guaranteeing the client a high standard of care.

We provide physiotherapy services throughout South Wales, with clinics located in Cardiff and Newbridge, Gwent. The company focus is to provide a 'hands on' treatment approach, focusing on manual techniques and rehabilitation programmes specific to each individual clients needs.

## Occupational Healthcare Service

Health & Sports Physiotherapy Ltd has provided occupational health services to a variety of industries over the past two years. We provide a range of services from 'onsite' and 'offsite' musculoskeletal treatment to manual handling training, CPR first aid training and health & safety courses. We also provide a sub-contract occupational health services to Physio Med for the Cardiff and Gwent regions.

### Companies serviced:

- Catnic – Caerphilly
- Corus - Llanwern
- Royal Mail
- Waitrose
- Connaught
- Memory Lane Cakes - Cardiff
- Allied Bakeries - Cardiff
- Rockwool - Bridgend

Our philosophy for occupational healthcare is to primarily take a preventative approach through education of employees to reduce risk of injury. In the event of injuries we deliver the highest standard of treatment and rehabilitation guaranteeing quicker return to work, reducing your companies costs.

## Our Services

Our occupational health services assist businesses to reduce and prevent absence. In a challenging economical climate this can result in significant financial savings, whilst enhancing the welfare and well being of the work force. Our Occupational Physiotherapy services can be provided in two ways:

An 'on-site' service delivered on your company premises.

An 'off site' service delivered from one of our Health & Sports Physiotherapy clinics.

If required Health & Sports Physiotherapy Ltd provides additional services including Manual Handling training and Health & Safety Training, aimed at injury prevention through education. As such we aim to cater for all your companies occupational healthcare needs guaranteeing our high level of service across the range.

### 'On-site' Physiotherapy Service

Through working closely with your business we can create a bespoke physiotherapy service to satisfy your company's requirements. By working 'on-site' at your company premises, there is minimal disruption to the day to day dynamics of the workforce routine. Having a regular on-site service opens clear communication channels between the clinician and HR managers, allowing early referral for injury management to ensure a quicker recovery.

- On referral a thorough clinical assessment will be conducted, with any potential relationship between an individual's condition and their working practices being identified.
- Following this an accurate diagnosis will be made and a treatment plan implemented. In some cases, a period of modified duties or workplace alterations may be required.

Health & Sports Physiotherapy Ltd has provided occupational healthcare services across a broad range of industries from manufacturing to office based business, and have extensive experience in resolving musculoskeletal ailments arising at the workplace.

### 'Off-site' Physiotherapy Service

Our off-site physiotherapy service is designed to provide occupational healthcare to smaller companies that do not require, or do not have sufficient space for an on-site service.

We have fully equipped clinics across South Wales that fulfill the service requirements for the Assessment, Diagnosis, Treatment and Rehabilitation of employees suffering from work related musculoskeletal injuries.

## Stages of the service:

Staff with musculoskeletal injuries whether work related or otherwise can be referred to Health & Sports Physiotherapy Ltd directly by your company without prior medical assessment.

- We aim to offer an appointment within 24 hours of referral when the client will be assessed at the most convenient Health & Sports Physiotherapy Ltd clinic.
- A report of the clients assessment, including any recommendations for management, will be provided as part of the service. This would also include advice on modified duties and a graded return to work plan for any employee with a longer term absence from work.
- Agreements can be made on the number of appointments the client is prepared to allow each employee as part of the treatment plan.

This service allows smaller companies an easy to use, flexible service that can be utilized only when required. In the current economic climate where budgets are constrained and margins are tighter, this service can offer you an efficient tool in managing the welfare of your workforce whilst keeping greater control on cost.



## Manual Handling Training Courses

### CIEH Principles of Manual Handling

This qualification introduces candidates to the hazards and risks involved in manual handling and outlines what to expect from a manual handling assessment. It will enable employees to develop safer manual handling techniques in the workplace

**Duration: 3 hour course - Designed for all employees**

This qualification covers the following topics:

- The process of manual handling in the workplace.
- Manual handling injuries and the activities which cause them.
- Manual handling assessment and control options.
- Responsibilities imposed by manual handling operations regulations.

Relevant course materials:

- Assessment method is a CIEH accredited multiple choice question paper.
- QCA Accredited - manual handling certificate level 1.
- Suggested progression on completion to Intermediate certificate in health and safety.

### Manual & people handling (All Wales passport scheme)

This Course is to provide the students with training in manual handling, with support to meet all the standards set by the All Wales Manual Handling Passport

**Duration: 2 Day Course**

Relevant course material:

- Module A** - Spinal Awareness, legislation, ergonomics, risk assessment, safe handling & communication
- Module B** - Inanimate load handling & practical ergonomics
- Module C** - Sitting, standing & walking
- Module D** - Bed mobility
- Module F** - Hoisting

By the end of the course students will be able to:

- Describe the function of the spine
- Discuss manual handling legislation
- Discuss company policies on manual handling
- Examine & discuss manual handling risk assessments
- Describe & understand ergonomics
- Demonstrate safe handling procedures
- Demonstrate safe inanimate load handling
- Demonstrate appropriate skills in assisting a client to sit stand & walk
- Demonstrate appropriate skills in assisting a client to move in bed
- Demonstrate appropriate skills in the safe operation of a hoist

## Health & Safety Training Courses

Good practice in health and safety makes sound business sense.

By completing our courses you will:

- [Protect your workers](#) from the suffering caused by accidents and ill health.
- [Reduce absences and sick leave.](#)
- [Retain staff.](#)
- Maintain your organization's [reputation.](#)
- Boost [productivity and profits.](#)
- Reduce your [insurance premiums](#) and [legal costs.](#)

### **CIEH Level 2 Award in health & Safety in the Workplace**

Employers are responsible for providing safe and healthy working conditions and the right systems and methods for safe activities. But employees also have a vital part to play in the equation. They need the right knowledge and the right attitude which demands proper training in the basics of health and safety, as well as specific training for individual tasks.

#### **Duration: 1 Day Course**

All candidates receive a Health & Safety booklet.

Relevant course material:

- Legislation
- Health Safety
- Welfare
- The workplace and workplace equipment
- Risk Assessment
- Manual Handling
- Hazardous substances
- Ergonomics and workstation design
- Transport and vehicles
- Noise and vibration

This new qualification is designed to ensure that all employees are aware of their own safety and the safety of customers, contractors and the public. It is applicable in any private or public sector environment.

- Assessment method is by multiple choice examination.
- QCA Accredited
- CIEH Level 2 certificate awarded

### **CIEH Level 3 Award in Health & Safety in the Workplace**

This course examines health & safety from a supervisory perspective. Supervisors have both a legal & moral responsibility to look after the health & safety of all employees. This qualification will enable managers & supervisors to improve the health & safety culture of their organization, whatever its size or activity.

#### **Duration: 3 Day Course**

All candidates receive a Health & Safety booklet

Relevant course material:

- Concept of Health & Safety
- Accidents in the workplace
- Ill health in the workplace
- Legal provisions (UK only)

Health & Safety organizations & management

Supervising Health & Safety

This course is designed for supervisors, owners, team leaders or managers responsible for health & safety.

- Assessment method is by a 2 hour/60 question multiple choice examination.
- QCA Accredited
- CIEH Level 3 certificate awarded

### **CIEH Level 4 Award in Health & Safety in the Workplace**

This qualification is designed for those working in any business, regardless of their product or service range. It is essential for all those who have a role that includes responsibility for the management of health and safety issues, including managers, supervisors and senior safety personnel.

#### **Duration: 5 Day Course.**

All candidates receive a Health & Safety booklet

Relevant course material:

- Health and safety management
- Health and safety culture
- Workplace and work equipment
- Hazardous agents
- Legislation

This course is designed for supervisors, owners, team leaders or managers responsible for health & safety.

- Assessment method: 2 written assignments and a multiple choice examination
- QCA Accredited
- CIEH Level 4 certificate awarded.

## First Aid training courses

### 3 Day HSE First Aid at Work Course

This course is a HSE approved first aid course in accordance with the health and safety at work - First Aid regulations act 1981. This course can be spread over a longer period if required as we are able to tailor this course to fit in around current work patterns within your business. We can run morning, afternoon, evening, weekend or night courses.

#### Duration: 3 Day Course.

All candidates receive a First Aid kit & manual

- Relevant course material
- How to deal with an incident
- Respiratory problems and how to deal with them
- Primary Assessment of a casualty
- Emergency aid
- How to put someone into the recovery position
- Secondary assessment of a casualty
- Airway and breathing difficulties
- Disorders of circulation
- How to deal with wounds and bleeding
- Strains and sprains
- How to deal with fractures
- Burns and Scalds
- How to deal with epilepsy

### 2 Day HSE First Aid at Work Refresher Course

This is a re-qualification course for people who already hold the First Aid at work certificate

#### Duration: 2 Day Course.

All candidates receive a First Aid kit & manual

- Relevant course material
- How to deal with an incident
- How to place a casualty into the Recovery position
- Primary assessment of a casualty
- Emergency aid
- CPR
- How to deal with airway and breathing problems
- Disorders of Circulation
- How to deal with and treat bleeding
- Burns and Scalds
- Fractures sprains and strains
- Seizures
- Diabetes
- Poisoning
- Recording and reporting of injuries

## 1 Day Appointed Person Course

This course is designed for people to give them the minimum knowledge required in carrying out emergency first aid.

### Duration: 6 Hour Course.

All candidates receive a First Aid kit.

- Relevant course material
- How to deal with an incident
- How to carry out a primary assessment
- How to put someone into the recovery position
- CPR
- How to deal with disorders of circulation
- Bleeding
- Burns & scalds
- Strokes
- Eye Injuries
- Recording & reporting

## 1/2 Day Emergency First Aid Course

This course provides candidates with the minimum knowledge required to save lives in an emergency. The course can be taken annually to help first aiders keep up to date with their skills before taking the two day refresher course after 3 years.

### Duration: 1/2 Day Course

Relevant course material:

- How to deal with an incident
- Recovery position
- CPR
- How to deal with choking
- How to deal with bleeding

## 1 Day Sports First Aid Course

This course is designed for candidates with the minimum knowledge and skills required to save lives in a sporting or medical emergency.

### Duration: 6 Hour Course.

All candidates receive a First Aid kit and manual.

- Relevant course material
- Incident Management
- Primary Assessment
- Emergency Aid
- Secondary Assessment
- Airway and Breathing difficulties
- Disorders of circulation
- Wounds and bleeding
- Fractures Sprains and Strains
- Dehydration
- Burns and scalds
- Recording and reporting

## Service Benefits

Occupational Health Physiotherapy services have been extensively proven to reduce the cost of staff absenteeism through illness or injury. Research shows that for every pound spent on vocational rehabilitation, twelve pound is saved, resulting in a cost-benefit ratio of 12:1.

HSE case study example: <http://www.hse.gov.uk/msd/experience/physiotherapy.htm>

Our workplace physiotherapy services allow you the opportunity to take control of your situation by early identification and treatment of musculoskeletal injury, along with training your workforce to reduce the risk of injury by prevention through education.

Through working with Health & Sports Physiotherapy Ltd your company can start saving money by utilizing our bespoke services to make your company more efficient in managing its workforce musculoskeletal injuries.