

# Workplace Health & Safety

Innovative health and safety services, expertise and facilities

The University of Queensland has a wide range of occupational health and safety services, expertise and facilities available to industry, government and community groups. Our experienced, energetic and enthusiastic team provide cost-effective, innovative solutions to a variety of occupational health and safety needs.

## Our services

### Specific Hazard/Industry Specialisations

#### Musculoskeletal health of the working population

This is an important area of research and consultancy as nearly 50% of all workplace injuries are musculoskeletal in origin, representing a significant cost to both the individual and the employer. We offer expertise in the implementation and evaluation of workplace-based interventions to assist with the prevention and management of musculoskeletal injuries. The interventions are targeted towards improving employee well-being while not detrimentally impacting on productivity.

#### Wellbeing, Health Promotion and Sedentary Work

- Design, implementation and evaluation of innovative interventions that target physical activity, sedentary

behaviour, health and work performance in office and non-office occupational groups.

- Workplace health promotion programs, mostly aimed to improve lifestyle behaviours like physical activity and nutrition. Includes needs assessments and evaluation.

#### Occupational Hygiene/ Laboratory Services

- Electron microscopy/X-ray diffraction asbestos testing.
- Specifications and registers for lead (Pb) hazard work.
- Determination of the formulation and the potential use of hazardous substances within samples. Our team is able to assess unknowns against well-established/legislated criteria and can develop material safety data sheets (MSDS).
- Dust fallout analysis.
- We can contribute to industrial site WH&S plans for hazardous chemicals in confined spaces - paints, solvents, abrasive blasting, chemical cleaning and gas analysis
- Occupational hygiene audits/workplace evaluations and surveys



## Workplace Risk and Safety Management

- Education, research and training services
- Risk management systems
- Health and safety management systems
- Incident investigation and analysis
- Human factors and ergonomics
- Emergency management.

## Our Services

### Design and Innovation

- Expert advice, facilitation and design of innovative health and safety interventions.

## Training, Education and Awareness Programs

- Design, development and delivery of a broad spectrum of WHS-related training and professional development courses for all levels of the workforce, including senior management.

## Research and Statistical Services

- Program evaluation, including the design and conduct of surveys, discussion groups and interviews. Statistical and economic analyses. Design and development of information and data management systems.
- Industry-based action research in WH&S including development and evaluation of WH&S initiatives and programs.

## CASE STUDY

Encouraging businesses to adopt activity-permissive workplaces to reduce sitting time at work

Heart Foundation Focus Grant 2-14-16

In the last 30 years the changing nature of work has resulted in decreased physical activity and increased sitting at work. Led by Tracy Kolbe-Alexander from the School of Human Movement and Nutrition Sciences, this research aims to examine the views of upper and middle level managers, occupational health and safety union officers, and employees, and use these to develop practical solutions for encouraging the development of 'Activity Promoting Workplaces' (APWs; enterprises that prioritise the health of their employees, by encouraging more physical activity and discouraging long periods of uninterrupted sitting at work).



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CREATE CHANGE