



WFRs SERVICES, PACKAGES, AND PRODUCTS

WFR provide a wide range of programs that can be easily tailored to suit your workforce and workplace needs.

Please [Contact Us](#) for further information regarding our services and products.

TABLE OF WFR SERVICES

INJURY PREVENTION	HEALTH AND WELLNESS
Manual handling training workshop	Baseline health assessments
Injury prevention awareness course	Executive health assessments
Manual handling observations	Health risk screening
<i>Healthy Driver™</i> workshop	Online health assessments
HV cab ergonomic assessments	Development of health plans
Workplace stretching	Food hygiene
<i>Warm Up 4 Work™</i>	Nutrition posters and recipe cards
<i>Stretch Leader Program™</i>	Nutrition consults
Work stretch posters	Wellness and lifestyle coaching
Stretch card lanyards	Health presentations
Job role profiles	Health posters
Job task assessments	Quit smoking campaigns
Job dictionary	Fit 4 work workshops
Risk awareness posters	Fatigue management
Musculoskeletal assessments	Mental health workshops
Functional capacity evaluations	Drugs and alcohol awareness
Injury rehabilitation	Brochure boards
Seated massage	Weight loss challenges
<i>Work Healthy, Stay Healthy™</i>	Health and fitness challenges
Desk ergonomic assessments	
FITNESS	
Fitness event management	Purchasing gym equipment
Emergency response team fitness	Gym equipment audits
Group fitness	Exercise prescription
Fitness appraisals	Gym inductions
Maintenance of gym equipment	Fitness posters

PACKAGE OPTIONS

Complete Healthy Lifestyle program
Injury prevention package
Health presentation package
Workplace ergonomics package
Driver health package
Workplace stretching package
Poster packages

ALLIED SERVICES

Flu vaccinations
Skin checks
Hydration testing
Nutritionist / naturopath
Smoking hypnotherapist
Sleep apnoea testing
Chiropractor
Podiatrist
Physiotherapist
Return to work management
Pre-Employment medicals
Leadership development programs
Ergonomic office fit out
Employee Assistance Programs

