



*Specialists in Workers
Compensation & Rehabilitation*

Workers Health Centre

About the Workers Health Centre

Established in the early 1970's, the Workers Health Centre is Australia's oldest workers and health and safety service. Over the years it has helped tens of thousands of workers.

The Workers Health Centre is a **non-profit organisation** and is used by trade unions, employers, government departments, local councils and community organisations.

Accurate and up-to-date information

All workers compensation claimants are entitled to nominate their own rehabilitation provider. To make referrals to the Workers Health Centre, please contact our offices and a kit will be sent to you containing all necessary forms. You may also access these forms via our website.

Our staff will provide you with the procedure used to refer to the Workers Health Centre. Workers Health Centre is also available for any questions or queries that you may have regarding workers compensation or rehabilitation.

How to Refer to the Workers Health Centre

Our premises have an extensive library of workplace health and safety publications and resources. We can provide the most current and reliable information with access to international databases and the internet.

If you need more information about a health and safety problem you can phone for advice or call between 9am and 5pm Monday to Friday, or email admin@workershealth.com.au

How to contact the Workers Health Centre

Ground Floor, 133 Parramatta Road, Granville NSW 2142. The building is located a short walk from Granville railway station and street parking is available.

Phone **02 9749 7666** during business hours or email admin@workershealth.com.au

Or visit our website at
www.workershealth.com.au

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Workers Health Centre Services

Workers Health Centre provides a comprehensive range of high quality services which include:

- Rehabilitation/Injury Management
- Occupational Hygiene & Workplace Safety Audits
- OHS Training
- Hearing Assessments
- Occupational Medicine
- Acupuncture
- Extensive Library

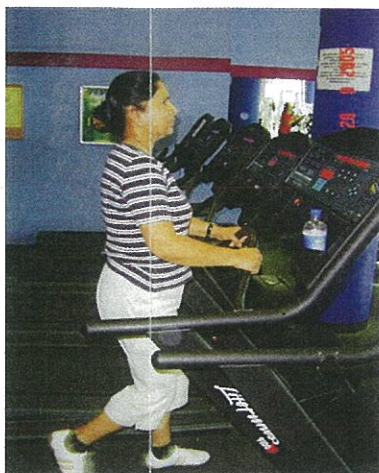
Rehabilitation / Injury Management

Workers Health Centre are WorkCover Accredited Rehabilitation Providers.

Our team of rehabilitation case managers include occupational therapists, rehabilitation counsellors, psychologist and physiotherapists. We offer comprehensive programs to ensure a safe return to work or retraining.



Our rehabilitation consultants work with the injured worker to achieve their vocational goal, arrange re-training, and have knowledge of the job cover placement program and the work trial scheme. Our staff



are also qualified to undertake work site assessments and to provide appropriate and safe return to work plans.

Exercise Therapy / Work Conditioning

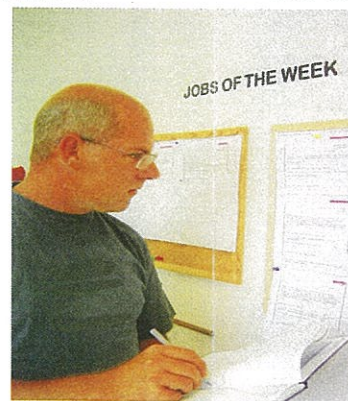
Exercise Therapy can be a vital component for an effective physical rehabilitation program. The Workers Health Centre Work Conditioning Programs are designed and conducted

with the objective of rebuilding the injured workers physical function and help them become pain free and to return to pre injury levels of duty.

The Workers Health Centre Work Conditioning Program is exercise rehabilitation in the form of strength, flexibility and mobility training, back care and education, postural re-training and core stability, as well as work specific movements.

Job Seeking Program

Should you be unable to return to pre-injury duties we will continue to assist you. Our job seeking program incorporates canvassing employment via the internet, newspapers, mass mail outs and cold canvassing.



Our qualified job trainer assesses and trains injured workers by providing them with job seeking skills including computer skills, resume writing, cover letter writing, how to disclose their injury, cold canvassing, and using the internet to search and apply for jobs.

Introductory Computer Training for Job Seekers

After an initial assessment the rehabilitation consultant will assess and determine whether injured workers will require the introductory computer training course offered through the Workers Health Centre.



The computer training will be run prior to commencing the job seeking program to provide injured workers with basic computer knowledge and intensive training required for pro active job seeking. Referrals can be made directly to the Workers Health Centre for the introductory computer training for job seeking.

WorkCover Accredited

Workers Health Centre is accredited by the NSW Government through WorkCover to provide rehabilitation services.