



Manual Handling Education

Physiotherapy @ Les Mills offers seminars onsite in the workplace

We provide Education on:

- ★ Human mechanics to gain an understanding of how your body functions
- ★ Principles of Healthy Lifestyle
- ★ Principles of SAFE handling with techniques specific to your workplace
- ★ Achieving comfortable relaxed work postures
- ★ Self management techniques for maintaining comfort
- ★ Gaining optimal workplace set-up within the plant or in individual vehicles.

Are YOU fit for LIFE?



Are YOU fit to work as an INDUSTRIAL ATHLETE?

Physiotherapy @ Les Mills is a HDANZ accredited clinic.