



Training Services

Manual Handling

CHG's manual handling programs are formulated and conducted by registered occupational therapists or physiotherapists and are tailored to meet the individual employer's needs. Sessions aim to facilitate practice application of appropriate manual handling techniques, examine the relationship between workplace environment and the effect on the human body and develop a risk analysis approach to the work environment.

Mental Health First Aid (MHFA)

MHFA is a 12 hour course developed by the Centre for Mental Health Research at the Australian National University to improve the mental health literacy of the community. It teaches first aid skills for mental health crisis situations and the early stages of mental health problems. CHG conducts this course regularly at our head office in Mile End. Instructors can be engaged to deliver the course onsite at your workplace: enquiries to mschultz@corporatehealthgroup.com.au.

Wheel of Health Presentation

CHG's Wheel of Health presentation focuses on the 8 key areas of lifestyle that contribute to both health status and quality of life. There is a large focus on lifestyle balance and motivating staff to make healthy lifestyle choices. Motivating staff to make changes is as important as providing staff with education on healthy choices. A copy of the Wheel of Health has been attached with this document. This presentation is generally 90 minutes in length and presented by CHG's most experienced Health Promotion presenter.

Stress Management

The stress management module can range from a 60 minute presentation with a psychologist through to a 2 day Mental Health First Aid course.

Back Care & Office Ergonomics

Can be presented by either an Occupational Therapist or Physiotherapist depending on the requested focus and target audience. Provides pause exercises and office stretches along with easy to follow ergonomic tips for the office. Participants can even bring along their own chair to create an office environment specific to the individual. This can be presented over 60minutes or up to 2 hours.

Body Shape

Australian's are carrying more body fat than ever before, yet there are more diets and weight loss information available. This presentation focuses on making easy changes to the body fat equation – Increasing energy expenditure and reducing energy consumption. Depending on the specific content and delivery this session may be presented either by a dietician or an exercise physiologist.

Nutrition

This can include a range of topics from nutritional basics, reading food labels and preventing heart disease, diabetes & cancer. The session is given a practical focus by providing a label reading activity. This will assist in the retention of knowledge as well as keep the session fun and interactive. This session is generally presented by a dietician in 60 minutes.

Fitness – Getting Started & Staying Motivated

Rather than simply discussing the type and frequency of exercise, this seminar analysis the reasons behind Australia's negative attitude toward physical activity. Finding your personal motivation for exercise, planning for success and writing your own exercise program are all topics covered in detail. All fitness topics are presented by one of CHG's Exercise Physiologists.

Stretching

Flexibility can be overlooked as a vital component of a fit and healthy lifestyle. This presentation contains the science and theory behind stretching techniques. This information is followed by a practical stretching component that will leave all participants feeling better throughout their entire body. This can be presented in a 60 minute session, however it ideally runs for 90 minutes.

Sun Awareness

This can include skin cancer awareness sessions and/or heat stress session which are both important given Australia's climate. 1 in 2 Australian's will develop a skin cancer, which is a higher rate than any other country in the world. The two topics can be combined into a 90 minute session or presented individually in 45 –60 minutes. The skin care awareness topic covers personal risk analysis prevention, detection & treatment. The heat stress session covers prevention, detection and treatment of both Heat Stroke and Heat Exhaustion.