

# First class training and education services



CS Health has the experience and knowledge to deliver a full range of accredited training packages and courses tailored to the specific needs of your organisation and people.

Keep up to date with the latest regulatory requirements through our WorkCover NSW accredited courses, and enhance staff engagement through our valued educational packages. We make learning enjoyable and stimulating, ensuring effective outcomes for all participants.

## WorkCover NSW registered training

CS Health offers a variety of first class accredited courses, in important areas including:

- OHS consultation
- Introduction to return to work coordinator
- Senior first aid
- Senior first aid refresher.

## Educational packages

CS Health has developed a range of outstanding educational programs and packages that can contribute positively to the health and wellbeing of your workforce.

These programs are devised by experts in the field and use the latest information and techniques from around the world to influence positive behaviour and good health outcomes:

- Exercise and nutrition
- Posture and anatomy
- Fatigue management
- Behavioural change
- Stress management
- General health
- Drugs and alcohol in the workplace.

## Ergonomic consultations

CS Health's experience in manual handling and risk assessment provides the expertise your workplace needs to improve safety and reduce injury rates.

We provide the following services across industry sectors:

- Work station design assessments
- Job analysis
- Advice on workplace modifications and improvements
- Task analysis to determine the functional abilities required. This is especially useful for rehabilitation and risk management.

CS Health is a leading provider of workplace education and training; we offer courses and programs both individually and in packages.

# CS Health

Call today on 02 8270 3200