

IMPROVE THE PERFORMANCE, PRODUCTIVITY AND MORALE OF YOUR COMPANIES' MOST VALUABLE ASSET - EMPLOYEES.

Did you know that work cover costs, sick leave and staff turnover are the biggest expenses for companies?

During 1985-2008, 57.8% of Work Safe claims were musculoskeletal afflictions.

Work Safe annual report 2007/08



Prior to 1999, stress related claims were below 4%. In 2007/08, percentages reached 8.7%

Work Safe annual report 2007/08

53% of Australian workers feel overwhelmed with stress and pressure most of the time.

Work related stress cost Australian business over 200million annually. The health of Australia's workforce' Medibank Private report. 2005

Annually, absenteeism costs Australian business approx. **\$7 billion** or approximately \$1000 for each employed person' The health of Australia's workforce' Medibank Private report. 2005

Back injuries, RSI and stress related claims are much more expensive than the average claim of \$14,294. Work Safe annual report 2007/08

A major cause of absenteeism is stress, which can cause migraines, neck pain, insomnia and depression. Occupational stress may translate into everything from high staff turnover to conflict.

In 2005-06, presenteeism, or loss of productivity is estimated to cost the Australian economy **\$25.7 billion**, four times the cost of absenteeism. Sick at work, Medibank Private Report 2007

On average, six days of productivity are lost for each employee annually as a result of presenteeism. Sick at work, Medibank Private Report 2007

"Investing in employee health and well being is a win-win situation. Employees experience improved health and wellbeing, while companies realise more productivity from their employees." Sick at work, Medibank Private Report 2007

Statistics show that implementing regular stress management seated massage treatments has a long term goal of developing and maintaining happy, pain free employees that are well motivated, more productive and focused, and absent less often.

The Two Hands Corporate Massage program is preventative medicine, combating stress, tension and pain. "Numerous studies conducted have proven time and again that massage can help relieve the emotional, mental and physical aches and pains that everyday living brings." Massage Australia Issue 23

RELAX

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