EML
MUTUAL SINCE 1910

Exercise

Promote and offer exercise to improve general health (both physical and mental) and prevent injury among your workers.

- Exercise
- Lifting equipment
- Education
- Return to work Management
- Workplace Environment

Target Audience

Exercise can be of benefit to all workers, however it can be most useful for older workers and those who follow a relatively sedentary lifestyle.

Those with a higher risk of injury (such as those in physically demanding roles) would particularly benefit from exercise, as improving their physical condition also reduces the likelihood of injury.

Benefits

Can improve mental and physical wellbeing, particularly in older adults.

Also plays a key role in preventing falls; an important consideration for older workers.

Reduces the risk of injury and improves recovery for those who happen to get injured.

Considerations

Workplaces can make use of existing resources or outsource exercise programs.

Exercise is most effective when tailored to an individual, is something they enjoy and can be scheduled easily into their lifestyle.

Education regarding the benefits of exercise and ongoing support can help motivate workers.

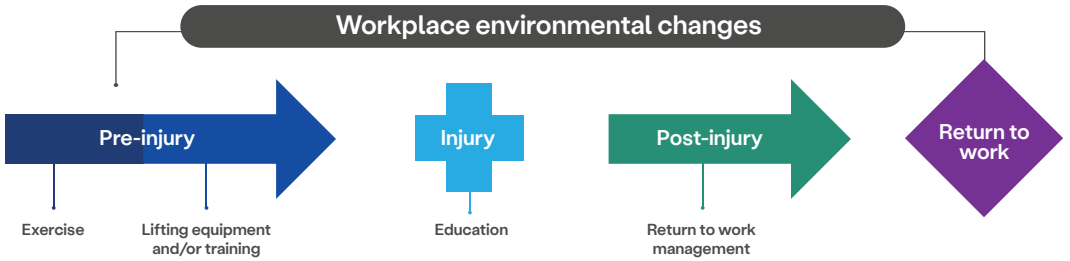
Shift workers may require special consideration.

Examples

Walking groups during lunch hours.

Provide structured regular fitness classes through your workplace employee program.

Consider remote worker exercise options such as exercise program guides or virtual subscriptions.



This information sheet outlines one of the five key actions recommended by the Interventions to Support the Return to Work or Recovery at Work of Older Healthcare Workers Study conducted by Monash University and funded by EML's **Mutual Benefits Program.**

More information and resources to support you and your workers are available through: eml.com.au/resources/ageing-workforce

Please note that this material is general information only. It does not take anyone's particular circumstances into account. It is not medical, legal or financial advice.