

# Best Practice Injury Management

## Physical Non-Work Related Mental Health

*The Best Practice Injury Management training equips employees and management with the necessary tools and knowledge to prevent and manage workplace injuries. It emphasises a proactive approach, focusing on risk awareness, early intervention, and fostering a culture of safety.*

For further information please contact:

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## Key Course Components

### Workplace Statistics Overview

Participants explore national workplace injury trends to identify key patterns and factors, gaining essential knowledge to help make informed decisions about safety practices and policies in their organisations.

### Cultivating a Culture of Care

This module highlights the importance of building a supportive work environment to improve injury management, focusing on how leadership can foster open communication, accountability, and employee engagement in safety initiatives.

### Injury Management Procedures

Participants will explore strategies for managing workplace injuries, including immediate response, long-term recovery, and understanding workers' compensation legislation to meet legal obligations, mitigate risks, and protect employees and the organisation.

### Managing Non-Work-Related Injuries

This module addresses the complexities of handling non-work-related injuries in the workplace, covering their prevalence and impact, legal considerations, and strategies for phased return-to-work programs, accommodations, and supporting employees empathetically while minimising organisational risk.

### Managing Mental Health in the Workplace

The training emphasises addressing mental health issues at work, teaching participants to recognise early signs, understand impacts on productivity and morale, and implement strategies for a supportive, psychologically safe environment.



## Training Delivery

The training program is delivered through a combination of presentations, interactive exercises, and case studies, ensuring that participants gain both theoretical knowledge and practical skills. Role-playing scenarios are used to simulate real-world situations, helping participants apply what they have learned in a safe, controlled environment. The sessions are led by Mental Health First Aid Australia Licenced Instructor who will provide valuable insights and personalised feedback to enhance the learning experience.



## Benefits

- Create a supportive environment that improves injury management and employee wellbeing.
- Apply strategies to manage work and non-work-related injuries, reducing downtime and costs.
- Ensure compliance with workers' compensation laws to minimise legal risks.
- Promote a psychologically safe workplace to boost morale and productivity.
- Use interactive exercises to apply strategies and enhance workplace safety.

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- Physical
- Non-Work Related
- Mental Health

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