Work, Health & Safety Policy

**Policy Statement**

Live Smart Exercise Physiology aims for excellence in work health and safety and is committed to ensuring the health, safety and wellbeing of staff, contractors, clients and visitors while undertaking work activities.

For staff and volunteers where an injury occurs a timely, and effective injury management and rehabilitation plan will be established in consultation with the injured party. For an injury that occurs to a client a modified treatment plan will be implemented in consultation as appropriate.

**Objective**

Live Smart Exercise Physiology ensures all hazards and risks to health and safety are identified, assessed and where they cannot be eliminated they are effectively controlled.

**Scope**

This policy applies to Live Smart Exercise Physiology staff, volunteers, contractors, clients and all visitors.

**Responsibilities**

Live Smart Exercise Physiology as a sole trader has the responsibility to ensure its work practices do not cause harm or effect the health and safety of any volunteers, or contractors we engage, and our clients.

Our responsibility to you: (Staff, voluntary staff, contractors)

* Ensure the policy and procedures are fully explained
* Investigate all accidents, incidents and near misses
* Take preventative measures to prevent recurrences

Your responsibility: (Staff, voluntary staff, contractors)

* Ensure to comply with WHS policy
* Ownership of your own health and safety
* Report any hazards/risks, incidents or accidents
* Abide by and obey any reasonable instructions

Our responsibility to you: (the client)

* Keep up to date with professional practices and industry requirements
* Conduct a detailed initial health assessment (identify health risks to set a safe and effective treatment plan)
* Provide an evidence based individually tailored exercise treatment plan
* Constantly monitor and adjust the program to ensure your safety
* Provide an evidence based tailored program

Your responsibility: (the client)

* Ownership of your own health and safety
* Report any hazards/risks, incidents or accidents
* Abide by and obey any reasonable instructions
* Investigate all accidents, incidents and near misses

All workers are required to comply with any reasonable safety instructions, policies and procedures within the rehabilitation worksite, if applicable (e.g. gym location).

**Dissemination**

Inductions for all staff and contractors will include the provision of a personal copy of this policy and WH&S responsibilities.

Inductions for all clients / National Disability Insurance Scheme participants,

will include the provision of this information via the relevant Client Service Agreement or the NDIS Participant Service Agreement.

Copies of all health and safety policies and procedures can be found on the website.

**Reference documents:**

* Work Health and Safety Act 2012 - South Australia
* Work Health and Safety Regulations 2012 - South Australia
* Codes of Practices
* Live Smart Exercise Physiology - NDIS Participant Service Agreement
* Live Smart Exercise Physiology - Client Service Agreement

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| Business Owner: | Staff/contractor: |
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| Date: | Date: |