

WH&S

Policy Statement



This policy applies to Healthy Habits Exercise Physiology & Personal Training staff, volunteers, contractors, clients and all visitors.

Healthy Habits Exercise Physiology & Personal Training is committed to ensure that the health, safety and wellbeing of the mentioned persons are of high priority. All hazards and risks to the health and safety of the above persons will be identified and effectively managed. In the event of any of the mentioned persons sustaining an injury during workplace activities or treatment, then an injury management and rehabilitation plan will be established through consultation with the impacted person.

Inductions for all staff, voluntary staff and contractors is mandatory. This will include the provision of a copy of this policy and WH&S responsibilities, which they will be required to comply with all safety instructions, policies and procedures. All clients and 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.

Responsibilities

Healthy Habits Exercise Physiology & Personal Training as a sole trader has the responsibility to ensure all work activities do not cause harm or effect the health and safety of the mentioned persons. These responsibilities are outlined below:

Business owner's responsibility

- Provide detailed induction about policy and procedures
- Investigate into all accidents, incidents and near incidents
- Take any appropriate and necessary preventative measures to avoid recurrences

Staff, volunteer staff, contractor's responsibility

- Comply with WH&S policy and procedures
- Ownership of your own health and safety
- Report any hazards/risks, incidents, near incidents or accidents
- Abide by and obey any reasonable instructions

Business owner, staff, voluntary staff, contractor's responsibility to the client:

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

The client's responsibility

- Ownership of your own health and safety
- Report any hazards/risks, incidents or accidents
- Abide by and obey any reasonable instructions

Reference documents

- Work Health and Safety Act 2012 - South Australia
- Work Health and Safety Regulations 2012 - South Australia
- Codes of Practices
- Healthy Habits Exercise Physiology & Personal Training - NDIS Participant Service Agreement
- Healthy Habits Exercise Physiology & Personal Training - Client Service Agreement

Business Owner:

Date:

Staff, voluntary staff, contractors:

Date: