



Injury in the workplace.

Every type of employment carries safety risks, whether you work in an office or a factory. Millions suffer from work-related injuries on the job every year, temporarily – and sometimes permanently – impairing their ability to earn an income to support themselves and their families.¹

Workplace injuries affect health, and being injured on the job can contribute to employee stress, job dissatisfaction, and turnover intent.



An incident is just the tip of the iceberg, a sign of a much larger problem below the ice.

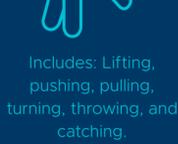
- DON BROWN



Injuries are affecting many workers.

Overexertion caused

31% of workplace injuries.²



Includes: Lifting, pushing, pulling, turning, throwing, and catching.

9% of workers report chronic physical problems/pain because of work.⁴

1/3 of acute injuries with more than a week away from work are related to muscular stress.⁵

25% of injuries were because of falls, slips, trips.³



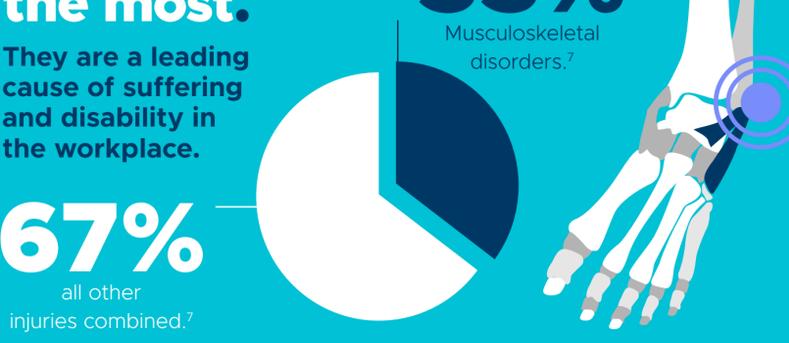
Most common injury: Sprains, strains and muscle tears.³



Soft-tissue injuries are the most common type of claim.⁵

Influential factors causing an injury.⁶

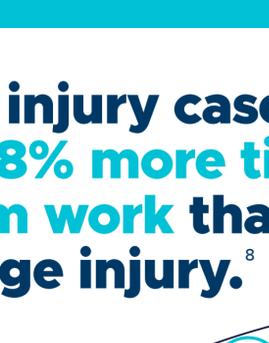
The relationship between demanding work, schedules and occupational injuries.



Musculoskeletal injuries hurt the most.

They are a leading cause of suffering and disability in the workplace.

67% all other injuries combined.⁷



33% Musculoskeletal disorders.⁷



Muscular injury cases require 38% more time away from work than the average injury.⁸

8 DAYS AVERAGE CASES

11 DAYS MUSCULAR SKELETAL CASES



Physical Injury and Mental Health.

The reality of recovery.

Recovering from a physical injury isn't easy. People think about the numerous visits to the physio or chiropractor, the GP and home rehabilitation, but not many consider the impact an injury may have on a patient's mental health.

Physical injury and mental health can be closely linked. A serious injury can cause mental health problems including depression, anxiety and post-traumatic stress disorder.⁹ Poor mental health can negatively impact recovery rates of physical injury.⁹



Higher rates of anxiety and depression.¹⁰

Loss of productivity and profit.¹⁰

Increased absenteeism.¹⁰

Incurred cost increase in order to deal with the issue.¹¹

Three months after a traumatic injury, **one in three people** will experience major depression.¹²

With workplace injuries being a common occurrence, what physical health habits can be implemented to reduce risk and create a healthier workforce?

We need a new way to support our people. So we can thrive together.

June365 helps organisations reimagine employee physical health & wellbeing everywhere their people work.

EXPERIENCE THE DIFFERENCE TODAY


 POWERED BY **F&P-TECH** www.june365.com

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JUNE 365 DISCLOSURE AND DISCLAIMER

1. The June365 Program is delivered through a SmartDeck device which applies motor-based resistance and senses the location and movement of the SmartDeck handles in 3D space, together with our software delivered through a compatible smart phone or other device. The June365 Program is intended to be used for the purposes of performing strength training exercises and receiving interactive feedback and information to increase muscle mass and promote personal wellness.

2. Individuals should consult their physician before using the June 365 Program if they have a pre-existing medical condition; a muscle, ligament or deep tissue injury; have recently undergone surgery; have a history of injury, chest pain, impaired movement or balance, heart condition, difficulty controlling blood sugar levels or blood pressure; are pregnant; or have any ailment or disease which may result in additional risk from performing strength or resistance training.

3. Individuals should read and comply with all warning labels and operating instructions provided in the June365 Program and should immediately stop using the June365 Program and consult a physician if they experience any pain, dizziness, nausea, fatigue, loss of balance, shortness of breath or other symptom that affects their performance or worries them while using the June 365 Program. The June365 Program should not be used by individuals under the age of 18 years old or by individuals while under the influence of drugs or alcohol.

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