



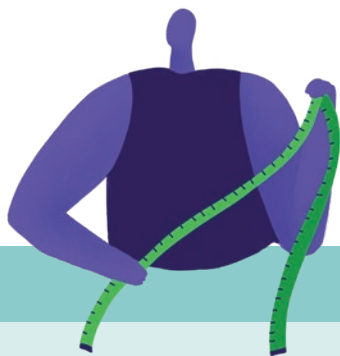
Functional Risk Assessment (FRA)

A secure online functional risk, health, wellbeing and performance assessment which addresses the complex interrelationship of work, individual wellbeing, level of obesity and injury risk.



Our Functional Risk Assessment is a combination of physical measures and self reported answers which are entered into an individual's confidential online Health Hub profile. Access is provided after an onboarding process which includes assessment of:

- Musculoskeletal conditions
- Girth measures
- Coordination, balance and posture
- Stability and flexibility
- Overall health and wellbeing risk profiles
- Social and personal risk factors
- Sleep patterns
- Fitness levels
- Strength
- Age
- Family support structure
- Education level
- Injury patterns



Key outcomes

Data has shown those with significant biomechanical challenges are at increased likelihood of injuries and falls.

Results have confirmed the complex interrelationship of obesity and risk of workplace injury.

The data showed that obese workers are more likely to be injured and were less productive. They also had poorer sleep patterns and diets which impacted their ability to concentrate and further elevated their risk of injury.

All assessable risk factors are colour coded in a traffic light format – red, yellow and green with specific points allocated to each of the colours.

A combined score is calculated, allowing for personalised targets and performance indicators to be set and used as a challenge for each individual.

Action steps and information is available in the Health Hub and can be sent to individuals based on their risk profile using a variety of modalities.

The Health Hub also allows access to additional information, educational materials and consulting services.

All data collected is private and confidential and only the individual is able to see personal information, while organisations receive reports that shows aggregated data.

The aggregated data can be viewed in absolute and relative terms. Analytical methods applied to the data identify trends, correlations and projections as well as provide detailed overviews of company wide risk factors and areas of potential optimisation.

Results showed that physically active individuals have a better quality of work and overall performance.

Results showed that higher levels of fitness improved work performance and required less effort to perform tasks.

Those with a high BMI showed increased rates of sleep pattern disturbances, as well as agility limitations and obesity fatigue.

