

workmatters



Fit for Work - Fit for Life!

A one-day conference and exhibition hosted by WorkMatters and Unum, in association with Healthy Office Working and Maria Lallemand, Consultant Ergonomics Specialist.

Date: Tuesday 2nd September 2008

Time: 9am – 4.30pm

Venue: Royal Holloway College,
University of London, Egham, Surrey

In a world where balancing the cost of recruiting, retaining and accommodating staff can be challenging for employers, making the most of your employees and enabling them to work effectively, happily and productively is crucial.

Many sources of help are available to provide solutions, enabling your staff to reap the benefits that work can bring.

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Fit for Work, Fit for Life! will focus on these issues with presentations from leading experts on:

- Visual impairment and environmental changes to accommodate people back to work
- Weight - A tricky issue? Accommodating your workplace to ensure safe and effective working for the larger worker
- The older worker - reaping the benefits of experience while balancing the changes that age brings
- Proactive Ergonomics - How can you adapt your environment to help your employees be productive and happy?
- What works in Return to Work Planning?
- Balancing the demands of work to maximise effective working and reducing 'stress'
- Disability - Legal issues for employers to consider

Registration

Registration costs just £65
(refreshments & buffet lunch included).
For further details, please e-mail
fitforwork@unum.co.uk, or
to register, visit our registration
site www.unumevents.co.uk

Confirmed speakers include:

- Keynote Speaker: Bob Grove, Sainsbury Centre for Mental Health – Managing mental ill health in the workplace – what do we know about what works?
- Professor Peter Buckle, Director of Ergonomics, Robens Centre for Public Health, Surrey
- Professor Michael O'Donnell, Chief Medical Officer, Unum – The Challenges of Obesity in the Workplace
- Access Made Easy, Visual Impairment in the Workplace: Effects and Solutions
- Elaine Chamberlain, Occupational Psychologist: Dyslexia
- FirstBeat Technology, Optimising Work Performance
- GlaxoSmithKline and their Health & Wellbeing Programme

Exhibitors to include:

- State of the Art Ergonomic Adaptations
- Assessment providers - Functional Capacity Assessments; Ergonomic Assessments, Counselling Resources
- Service providers for employee health and wellbeing
- Psychological therapy providers
- Complimentary therapy providers

We look forward to seeing you there!

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