



CHG Training Services

CHG are a nationally Registered Training Organisation (RTO #110048). Our team of health professionals are able to deliver a range of accredited and non-accredited workplace training programs across a range of industries. All training can be customised to suit your industry, worksite and objectives. Our trainers are cognisant of cultural sensitivities, skilled at building rapport and understand the needs and challenges of different training participants.

Create a Safe Workplace

Under the Work Health and Safety Act 2012 (SA), employers have a responsibility to manage workplace risks and to provide adequate information, instruction, training and supervision to workers.

Specialising in workplace safety, injury management, human resources and workplace health promotion, we can deliver short courses and information sessions to develop your staff and assist you in providing them with a safe and healthy workplace. Most topics are facilitated by registered health professionals, through interactive presentations in a positive learning environment.

Topics:

- Manual handling and manual task safety
- Train the assessor: *Office ergonomics and workstation assessments*
- Ergonomics at work: *training for office-based staff*
- Tool box talk: *warm up and stretching*
- HLTAID001 : Provide Cardiopulmonary Resuscitation (CPR)

CHG trainers will identify and provide participants with examples, practical case studies and advice relating to their specific job roles. CHGs approach to customised training

programs ensures learning outcomes are clearly articulated. In designing training programs, we are mindful of workplace issues with resourcing, budgetary constraints and competing priorities. Our training sessions are developed to minimise interruption to operational intensity. Please contact our friendly team for more information.

Promote Health and Wellbeing

At CHG, we are committed to helping you improve the overall holistic health and wellbeing of your workforce. Our team of health consultants, Mental Health First Aid instructors and registered psychologists can assist by working with you to raise awareness across a wide range of health and wellbeing topics. Our training focusses on helping workers to better understand psychological and physical wellness, while providing practical advice to help them care for themselves and improve their performance.

Topics:

- Psychological Wellbeing:
 - Building healthy and respectful relationships
 - Building resilience
 - Bullying and harassment
 - Conflict resolution and responding to challenging workplace behaviours
 - Coping with change/change management
 - Critical incidents: *preparedness/response/peer support/managing affected workers*
 - Dealing with aggressive behaviour
 - Dealing with people in distress
 - Delivering difficult news
 - Maintaining professional boundaries
 - Managing challenging behaviours in the workplace
 - Managing stress

- Mental health illnesses: *raising your awareness*
- Mental Health First Aid
- Self-management: *Developing your performance edge*
- Skills for managing self-harm behaviour and suicidal ideation
- The accidental counsellor
- Understanding different personalities
- Working with grief and loss
- Mental Health First Aid
- Health Promotions:
 - Body shape and weight management
 - Bone health
 - Boosting immunity
 - Cardiovascular disease and diabetes prevention workshop (Heart Health)
 - Energy boost
 - Fatigue in the workplace
 - Fitness and physical activity
 - Flexibility and stability for back care
 - Gender health (Women's and Men's health)
 - Health is happiness
 - Live Longer, Live Stronger (Healthy ageing)
 - Nutrition
 - Quit smoking
 - Stress management, resilience and coping with change
 - Sun safety and heat management
 - Work Life Balance

Manage Return to Work

Employers have a critical role in the injury management process when employees are injured at work. The way an employer responds at the time of the injury, and in the following weeks and months, is crucial in achieving a speedy and sustainable return to health and work.

CHG offers a range of training courses to provide employers, managers, supervisors and others involved in the return to work process with effective injury management skills and tools. Our team of health professionals can deliver workplace training in small groups at worksites to help you improve return to work outcomes and reduce lost time due to injury (LTI).

Topics:

- Frontline injury management
- Identifying suitable duties
- Return to work coordinator (RTWC) training

Drug and Alcohol Programs

Properly implemented and managed workplace drug and alcohol policies are critical to ensuring the safety and wellbeing of your workforce. Providing an understanding of the rationale behind your drug and alcohol policies and procedures.

CHG have the capacity to develop and deliver training programs tailored to your organisation's policy, culture and need. Our knowledge of workplace drug and alcohol programs, testing regimes and issues surrounding use and abuse of substances, ensures every employer receives customised and contemporary training packages.

Topics:

- Drug and alcohol awareness for workers
- Drug and alcohol awareness for managers
- HLTPAT005: Collect specimens for drugs of abuse testing (nationally recognised training)
- Mental Health First Aid (including a module specifically on Substance Use)
- Information session: *how to implement a drug and alcohol program in the workplace*

Delivery Formats

Training can be delivered in a range of formats to best suit your needs. Most training topics can be conducted with a tiered delivery, where short sessions are provided to large groups to improve general awareness, followed by specialised workshops for targeted groups, including leaders, managers and supervisors.

