

# PERforM - PARTICIPATIVE ERGONOMICS FOR MANUAL TASKS PROGRAM

## FREQUENTLY ASKED QUESTIONS

Reducing the risk of musculoskeletal injury through worker participation

### WHAT IS PERforM?

PERforM is a simple hazardous manual task risk management program, internationally recommended for reducing work related musculoskeletal disorders.

PERforM helps workplaces involve their workers in solving manual tasks problems.

### WHO DEVELOPED PERforM?

PERforM was developed jointly by: Workplace Health and Safety Queensland (WHSQ), the University of Queensland and Curtin University of Technology.

### WHO HAS USED PERforM?

PERforM has been used in a range of industries including mining, civil and commercial construction, manufacturing and wholesaling, aged care and food processing.

### WHAT ARE THE BENEFITS OF PERforM FOR YOUR ORGANISATION?

- better control of manual task risks
- legislative compliance
- improvements in productivity
- improved worker knowledge about manual tasks risks management.

### WHAT DOES PERforM COST?

SafeWork NSW will provide all the resource materials and training for the PERforM workplace trainer, and some ongoing support at no cost to the organisation. The organisation provides their own people to be trained, and the budget to implement solutions for the manual task problems identified.

### WHO PROVIDES THE TRAINING?

SafeWork NSW will provide free 'Train the trainer' workshops. We recommended one or two nominated people attend a workshop prior to implementing PERforM at your workplace.

Workshop attendees will:

- receive guidance on how to implement the PERforM program in the workplace
- practice using the PERforM risk assessment tool
- receive all of the PERforM resources.

### WOULD YOU LIKE MORE INFORMATION?

Visit [safework.nsw.gov.au](http://safework.nsw.gov.au) to view the PERforM program resources or you can contact us on 13 10 50 or email us at [msd@safework.nsw.gov.au](mailto:msd@safework.nsw.gov.au).

LET'S TALK SAFETY

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