



TRADIES
NATIONAL
HEALTH
MONTH



AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION

TRADIES NATIONAL HEALTH MONTH

WHAT IS IT?

Tradies National Health Month, which runs throughout August, places a firm focus on the health of Australia's tradies.

While we've seen improvements, according to Safe Work Australia our trade industry accounts for 58 per cent of serious claims for worker's compensation, yet makes up less than one third of Australia's workforce.

Time off work due to poor health, injury or illness has a significant impact on families, businesses, communities, the health system and the economy—and this impact will grow if we don't take steps to change behaviour.

The Australian Physiotherapy Association is calling on all tradies, their employers and families to get behind Tradies National Health Month this August and spread the message from the top of our buildings to the bottoms of our drains and pipes: Tradies, make your health the most important part of your toolkit!

APA National President Phil Calvert is asking tradies to be proactive about their health and get their muscle/joint pain issues or other health concerns seen to promptly. "We need to get tradies to prioritise their health so that they can continue to play the important roles they hold in the workforce, their families and the community at large. Australians' reliance on the work that tradies do is huge, so we need to encourage them to seek proper, evidence based care before their small niggles become large issues that potentially lead to time off work."

HOW CAN PHYSIO HELP?

When we think of tradies health concerns, we most commonly assume them to be musculoskeletal, such as back pain and tendon/muscle injuries. While these conditions make up the majority of tradies seeking treatment, physios also treat and manage a whole range of health conditions, from sports injuries through to chronic illnesses like heart disease and diabetes as well as stroke recovery, exercise prescription and the less talked about pelvic floor issues that many men face.

Physically demanding trade jobs can exacerbate all these conditions, but physio treatment can help, either through a prescribed preventive management exercise program tailored to individual needs, or as post-injury rehabilitation treatment. So don't be a tool, see a physio to help you stay healthy and active.

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