



A group program in specialist facilities

All CS Health facilities have dedicated functional therapy areas. Treatment uses actual mining equipment and is graded to the injured workers capacity.

Our virtual reality training simulates real coal mining worksites which allows injured workers to practice movements and activities safely in a controlled environment while feeling like they are at work.

We are based in NSW Coal Mining communities.

- Lithgow
- Speers Point
- Mudgee
- Singleton
- Woonona
- Gunnedah

Empowering the coal mine worker by building fitness and confidence for work, and facilitating recovery alongside fellow coal mine workers.

Our program

Work simulation provides more intensive therapy to meet the true needs of the worker. Typically, workers attend several sessions per week, each lasting between 1 and 3 hours.

This includes a one-on-one assessment followed by ongoing small group sessions. Programs may be 2 to 12 weeks duration.

Activities may include:

- Use of mining PPE
- Uneven ground & climbing ladders
- Shovelling, hosing & reaching
- Bending, twisting and squatting
- Lifting, carrying and dragging mining equipment

A personalised schedule will be tailored depending on the worker's injury, capacity and work role.

Scan to discover how our Work Simulation Program can support your workers.



Contact us today to learn more

1800 CSH MED (1800 274 633)

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CS Health

Work Simulation

EVIDENCE-BASED GROUP THERAPY.



CS Health are dedicated to supporting the health and well-being of coal mine workers.

Early return to work gives the best chance to recover after an injury. However, NSW coal mining faces unique challenges in providing suitable duties for injured workers.

Our Work Simulation is a tailored group program to help injured coal mine workers at risk of delayed return to work.

- Regain physical fitness
- Rebuild confidence
- Return to work

Work Simulation

Our physiotherapists and exercise physiologists use a cognitive behavioral model to deliver treatment within the national clinical framework and SIRA practice requirements.



Who is it for?

Injured coal mine workers at risk of delayed return to work.

- Some capacity to work
- Suitable duties are unavailable

When to refer?

Good early injury management should emphasise participation in home, work and community life. Identification of risk factors informs and guides treatment.

- 2 weeks post injury for high risk
- 6 weeks medium and high risk
- 12+ weeks if remaining off work

What are the risk factors?

- Absence from work
- Belief that activity is harmful
- Fear avoidance + catastrophising
- Passive coping strategies
- Low mood or social withdrawal

Conditions:

- Low Back Pain
- Neck Pain + Whiplash Associated Disorder
- Knee and lower limb injuries
- Shoulder and upper limb injuries
- Repetitive strain injuries

Outcomes:

- Certified work capacity hours and Capacity for activity
- Tampa Scale of Kinesiophobia
- Pain Self Efficacy Questionnaire

Empowering the person:

- Education and setting expectations
- Influencing beliefs
- Facilitating self-management
- Managing relapses + promoting independence

