



## MEDIA ALERT: 30 August 2023

### WORKSPACE WEEK 2–8 OCTOBER 2023 - *Work Well Anywhere* **WorkSpace Week warning for workers most at risk of spine-related injury**

**WorkSpace Week (2-8 October)** is the annual national campaign helping prevent work-related musculoskeletal disorders (WSMDs) to improve spinal health for Australians so can they *work well anywhere*.

Conducted by the Australian Chiropractors Association (ACA), WorkSpace Week (the first week of National Safe Work Month) aims to minimise disorders that are currently having a severe impact on the spinal health and wellbeing of workers with the annual economic burden on Australia costing billions.

According to the World Health Organisation (WHO, 2019), musculoskeletal disorders account for the greatest proportion of persistent pain conditions and are the second largest contributor to disability world-wide with low back pain being the single leading cause of disability, globally.

WRMDs are estimated to cost the Australian economy over \$50 billion annually through direct health costs, lost productivity and reduced quality of life of sufferers.

With WMSDs being the leading Work Health and Safety (WHS) problem in Australia, both in frequency and cost; WorkSpace Week informs Australians about the importance of prevention and early intervention to reduce workspace injuries, minimise deterioration, reduce the severity of WRMDs and foster good spinal health habits to improve the quality of life of working Australians.

Those most vulnerable to WMSDs are community and personal service workers such as healthcare, aged care, first responders, childcare, NDIS and disability service workers; while machinery operators, drivers, labourers, technicians and tradies are also among those with the highest rates of physical work-related injuries.

Anyone who undertakes lifting, pulling, standing or sitting for extended periods of time, computer work at home or in an office setting, and those impacted by workplace stress can all suffer from a range of work-related spinal health issues including headaches, neck and back pain that can develop into chronic pain.

During WorkSpace Week, Australians are encouraged to host a **#StraightenUpAustralia** Challenge – a simple three-minute activity using ACA’s ***Straighten Up app*** in their workspace to promote working well anywhere and to share video and images of their **#MyHealthyWorkspace** to help minimise work-related musculoskeletal disorders and improve overall spinal health and wellbeing.

Prevention is the best protection so during National **WorkSpace Week 2023** the ACA is focussed on preventing work-related spinal health disorders caused by physical and mental stress, repetitive work and poorly set up non-ergonomic workspaces to help minimise workspace injuries and the long-term impact on employers, the economy and the overall health and wellbeing of injured workers.

**[workspaceweek.org.au](https://workspaceweek.org.au)**

**[#WorkSpaceWeek](#) - [#WorkWellAnywhere](#) - [#StraightenUpAustralia](#) - [#MyHealthyWorkspace](#)  
[#SafeWorkMonth](#)**

**- ENDS -**

## CAMPAIGN LAUNCH - MONDAY 2 OCTOBER 2023

**ACA will release new data on the impact of work-related musculoskeletal disorders in Australia.**

On Monday 2 October, the Australian Chiropractors Association (ACA) will launch National WorkSpace Week (2-8 October 2023) to prevent spine-related injuries in their workspace.

The prevalence of workspace injuries is well documented by health and government organisations.

A detailed study released by Safe Work Australia (2022) recorded that between 2008 and 2018, 6.9 million work-related injuries and illnesses occurred, averaging 623,663 cases annually with a cost of 2.2 million FTE productivity loss, and \$37.6 billion to the health system with the annual cost to employers over \$49.5 billion.

### THE AUSTRALIAN CHIROPRACTORS ASSOCIATION

The Australian Chiropractors Association (ACA) is the peak body representing chiropractors.

The ACA promotes the importance of maintaining a healthy spine to improve musculoskeletal health and offers drug-free spinal healthcare and lifestyle advice to help Australians lead and maintain healthy lives.

With approximately 3,000 members, the ACA is Australia's largest chiropractic health body that's taken a leadership role in promoting the importance of maintaining a healthy spine to maintain the overall health and wellbeing of Australians at home, work or at school.

### WORKSPACE WEEK 2023 - MEDIA OPPORTUNITIES

**MEDIA CENTRE: To download hi-res images visit <https://bit.ly/WSW23-Media>**

#### INTERVIEW REQUESTS

**For images, vision and interview requests, please contact:**

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### ACA MEDIA SPOKESPERSONS

The ACA have a number of media spokespersons and case studies located in all states and territories with national spokespersons including Dr David Cahill, President, Australian Chiropractors Association.

#### **Dr David Cahill – President, Australian Chiropractors Association - National, NSW & Victoria**

ACA President, Dr David Cahill has been a registered, practicing chiropractor since 1991, in the Malvern East area since 1998. He loves helping people of all ages, from newborn babies and toddlers, to those in their more senior years. David has always been very active in post-graduate education, continually upskilling in many aspects of chiropractic. Since 2016 David has been the chiropractor for the Hawthorn Football Club. He enjoys taking care of the elite footballers, integrating his chiropractic care in a team with the other support disciplines, particularly physiotherapy. David's passion is to truly help people have transformative experiences through chiropractic, and to better explore their magnificent potential.

#### **Dr Damian Kristof – Vice President, Australian Chiropractors Association - National, NSW & Victoria**

Nutritionist, Naturopath and Chiropractor, Dr Damian Kristof is a highly sought-after presenter and speaker in the Wellness industry. With over 20 years of experience, Damian's in-depth knowledge of the body, nervous system, food functions and responses coupled with his friendly and dynamic presenting style, has him in high demand. Focusing on food as key to unlocking optimal health and wellness, Damian presents in-depth facts and concepts that have never before been readily available to the public - offering all audiences from industry experts to the general public highly valuable content as he engages, educates and inspires audiences across the globe.

### **Dr Anthony Coxon – National & Victoria**

Anthony is a caring and respected chiropractor with 30 years' experience. In 2009, he completed Post Doctorate studies in Chiropractic Neurorehabilitation. This additional qualification gives Anthony skills in dealing with more complex cases, particularly patients that experience balance disorders and dizziness. He is the current Vice President of the Australian Chiropractors Association (ACA). In addition to running a busy practice, Anthony has also appeared on countless print, radio and television media spots including 'A Current Affair', 'Today Tonight', the 'Today Show' and the Evening news on all commercial television stations. Anthony sees daily how chiropractic care and a healthy lifestyle can bring vitality and wellbeing to his patients.

### **Dr Kim Lie Jom – NSW**

Dr Kim Lie Jom is a caring, dynamic and talented chiropractor with over 20 years' experience that has earned the respect and trust of his professional colleagues and patients alike. Kim's knowledge of chiropractic grew as did his interest within the profession. Paediatric chiropractic, sports chiropractic and the concept of wellness chiropractic are of particular interest to him. With three young children of his own he is very aware of how making healthy lifestyle choices from a young age will serve you later in life. He is passionate about chiropractic and feels that the profession has enormous health benefits to offer the community at large and his goal is to educate and adjust as many families as possible toward optimal health through natural chiropractic care.

### **Dr Billy Chow – South Australia**

Dr Billy Chow graduated as a chiropractor from RMIT University in 1998. Since graduating he has had a varied and enriching career in private practice, on boards and in business. Dr Chow is passionate about educating and inspiring people to make better choices and to live happier and healthier lives. Dr Chow believes that being on the Spinal Research Board is an honour and allows him to give back to his profession through service and provides him an avenue to promote, fund and facilitate more research faster for the chiropractic profession.

### **Dr Ashley Dent – Tasmania**

Dr Dent graduated from Macquarie University in Sydney in 2010 where he was awarded the Ed Devereaux Award for Services to the Student Body. He is active within the Australian Chiropractors Association at a state and national level chairing the public engagement committee and being a member of two other committees. He volunteers his time with St Vincent de Paul to bring chiropractic care to the homeless and vulnerable in Hobart. Dr Dent has a keen passion for helping people improve their long standing (chronic) back and neck pain and then progressing their spinal health through exercise and rehabilitation so that they are stronger and healthier than they've ever been.

### **Dr Joshua Tymms – Western Australia**

Dr Joshua Tymms discovered chiropractic as a child and has been fascinated with its application ever since. He graduated from Murdoch University with a Double Degree in 2006 and is registered as a chiropractor. He finished his International Chiropractic Sports Science Diploma in 2007 and has worked at many international level sports events. He is studying a double masters in public health and business administration to help build skills in these areas.

### **Dr Adam Smith – Queensland**

Dr Adam Smith (Chiropractor) has nearly 20 years' experience in family based chiropractic care. He has experience working in many communities around Australia and internationally, including regularly serving on committees that guide health policy on a state and Australian federal level, as well as in the UK.

With a special interest in family health and wellness, Dr Adam works with local community groups, charities, workplaces and schools to improve access to chiropractic care for those who want it. He believes that all Australians should have access to quality chiropractic services, so he is currently working with a group that is expanding chiropractic access in regional and rural areas of Australia across six states and territories.