

ViTOOL TALK SYNOPSIS

The ViTool Talk series from ViVA health at work help bring health and safety toolbox talks to life. Content is provided in PDF written documents and video format which can be shared among working teams including remote workers.

The resources focus on how workplace design and healthy routines can help your workplace walk the walk on health and safety. They can be used to stimulate learning and encourage discussion on a range of important topics.

We're continually adding to our library of topics, so we're happy to hear your ideas about what you need most and what you'd like to discuss!



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HYDRATION

Maintaining adequate daily hydration can be a challenge. It's important to learn how to plan your hydration needs and create good consistent habits. This includes choices in food and drinks we consume and knowing what symptoms to look out for when experiencing low hydration levels. Learn strategies to maintain smart hydration at work!



HAZARDOUS MANUAL TASKS

Exposure to these tasks can lead to the most significant cause of workplace injury and absence – sprain and strain injury. This ViTool Talk helps workers identify hazards, communicate risk, and consider controls for safe work practice.



HEAT STRESS

Heat stress is Australia's number one natural killer, accounting for the deaths of more people than floods, cyclones, bushfires and storms combined. This ViTool Talk helps to clarify the early signs and prevent it from becoming serious. Strategies discussed include smart work design, appropriate clothing, adequate hydration and effective hot weather policies that help to help reduce the risk of heat stress.



GLOVE WEAR & ERGONOMICS

Hand injuries are the most common injury type in Australia – particularly in the manufacturing, retail trade, and construction industries. Gloves may provide valuable protection, but there is a lot to know about glove types and when they are or are not appropriate to use. This ViTool Talk provides a valuable perspective on safe and effective glove use.



SLEEP & FATIGUE

Fatigue, energy management and sound sleep are vital for our health, concentration, and work performance! We need strategies to assess ourselves and our workmates and determine short- and long-term interventions to assure we stay safe at work. This ViTool Talk raises awareness about this vital human performance factor.



SLIPS TRIPS FALLS

A large percentage of workplace injury is attributed to slips, trips, and falls, so this is no laughing matter. The ViTool Talk facilitates communication about what workers can do to identify these hazards and help prevent strain or injury.



WHOLE BODY VIBRATION

Exposure to whole-body vibration (WBV) may arise from the floor or seat of our vehicles or equipment. Over time, this may lead to discomfort, low back pain, circulatory changes, and systemic disorders. This ViTool Talk highlights how to recognise the hazards and discusses ways to effectively minimise the risks associated with WBV.



VEHICLE ERGONOMICS

Driving as part of our work tasks has been associated with neck, back, shoulder and leg discomfort. This ViTool Talk outlines suitable Vehicle Seating & Steering Wheel Setup to ensure support and safe use. It also covers other areas of vehicle safety including fatigue, posture, visibility and good practice when loading and unloading items.
