



# I'm not feeling well physically... what help is available?

## What's happening?

## I can access any of the following

Day to day activities are a big effort and I am not as fit as I used to be

- Apply for the Active Cardiff corporate discount at Cardiff Leisure centres for a 25% discount
- Make use of the Sports & Social Programme
- Consider the Cycle to Work Scheme
- Find details on all of the above and more, on the Physical Wellbeing page of CAVweb

Certain manual handling tasks in work cause strain on my body

- Problem solve alternative ways of lightening the load
- Discuss the issue with your line-manager
- Go on a Manual Handling refresher course
- Self-refer to Occupational Health Physiotherapy by phoning UHW 43264, UHL 25140

Sitting at my desk for long periods of time causes strain through my back and arms

- Take a pause every 30 mins to stretch at your desk
- Every hour get up from your desk to do an alternative task
- Self-assess your workstation setup using the DSE + Eye Test procedure on CAVweb
- Self-refer to Occupational Health Physiotherapy by phoning UHW 43264, UHL 25140

I have injured myself outside of work and I am struggling to get better

- Try and stay fit and active
- Self-refer to Occupational Health Physiotherapy by phoning UHW 43264, UHL 25140
- If symptoms are not improving after 2 weeks or you consider this a significant injury contact your GP

I have had an injury in work that is causing me pain

- Inform your manager and complete the relevant documentation e.g. incident form
- Try and stay fit and active
- Self-refer to Occupational Health Physiotherapy by phoning UHW 43264, UHL 25140
- If symptoms are not improving after 2 weeks or you consider this a significant injury contact your GP

Employee Wellbeing Service: 029 2074 4465  
Occupational Health, UHW: 029 2074 3264, UHL: 029 2071 5140



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WALES

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