

Obesity Movement and Communication

Safe Actions conducts obesity awareness training to enable employees to create working environments where there is awareness of and sensitivity to the needs of people who are overweight or obese. As sixty percent of the Australian adult population is overweight or obese (Australian Bureau of Statistics 2011-12 Health Survey) it is vital for employers to have a non judgmental, inclusive environment for all employees and visitors.

The Obesity Awareness Training short course covers:

- Broad understanding of being overweight and obesity.
- The effect of weight stigma.
- How language can be inclusive or derogatory to people who are overweight or obese.
- The variability of movement patterns used by the person who is obese
- Importance of appropriate equipment selection and placement for your service or work area.

In this 3.5 hour course, participants will view gain an understanding of obesity, its effect and their role in supporting a person who is overweight or obese. Simulation suits will be used to enable participants to realise the restrictions in body movement and changes to centre of gravity. Participants who wish to use simulation suits should wear gym style wear to the course Video clips will be used to share experiences of being overweight in a neutral way. Ideas around changes to create obesity sensitive and obesity prevention workplaces will be discussed. The format is interactive with examples and anecdotes provided and small group work to enhance learning.

Attendance certificates are available on request.

Julie MacRae
0413 954 530
info@safeactions.com.au
www.safeactions.com.au

