

## Align | Physical Screening

### Align has the experience and the expertise to assess your safe capacity for work.

We have worked with your potential or current employer in preparation for your assessment, including:

- A job analysis to understand the essential requirements of the job you're applying for or returning to.
- Creation of valid functional tasks that match the inherent job requirements.

#### Your safety is important to us.

The assessment process is designed for safety from the ground up:

- Pre-health screening includes a health questionnaire, musculoskeletal and cardiovascular tests.
- Functional tasks are begun at a low safe level with multiple safety triggers throughout.

#### Questions? We have answers

##### Is my information private?

Yes, we gain consent from you to share relevant information with your potential/current employer key contact person for the purpose of ensuring your safe fit with the job. The Australian Privacy Principles are rigorously conformed to.

##### Can I pass or fail the test?

No, we work out what you can do safely compared to the inherent job requirements and your potential or current employer can then consider ways to keep you safe.

##### Who performs the assessment?

Experienced physiotherapists.

We conduct cardiovascular, musculoskeletal and manual handling tests with a high degree of safety and precision.

##### What do I wear?

Wear loose fitting clothes and closed in shoes. If safety boots are a requirement for your role, please wear them. Be prepared to undertake activity that includes a fitness test.

##### What do I bring?

Your completed health questionnaire and photo identification. If you haven't received a questionnaire please call us.

##### What should I do if I have an injury?

This is common, and we'll make sure we understand the extent of your injury and may even assess it to help you as well as make the rest of the assessment safe. So make sure you let us know.

##### Do I need to undress?

You may be asked to partially undress. Females can wear a sports bra or tank top under their shirt and anyone can bring someone.

##### What if I can no longer come to my appointment?

Please call us to reschedule or cancel any appointments. We ask that you give a minimum of 2 hours' notice or fees may apply.

##### What happens after the assessment?

1. We clarify with you the findings of the assessment, and what will be shared with your potential employer.
2. An assessment report is sent to your potential employer the same or next day.
3. We may call your potential employer if there are any concerns.

##### Delayed Onset Muscle Soreness

DOMS is muscle soreness after participating in a new physical activity and occurs sometimes 24-72 hours after any new activity.

It usually disappears with continuing your usual physical activity, and can sometime occur after an assessment.



**Align**  
Work Health

Remember, we're here for you.

If you have any questions, please don't hesitate to call us on 02 6023 4644 or by emailing [admin@alignworkhealth.com.au](mailto:admin@alignworkhealth.com.au) [alignworkhealth.com.au](http://alignworkhealth.com.au)



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### Align is in Albury

549 David Street  
Albury NSW 2640  
(02) 6023 4644

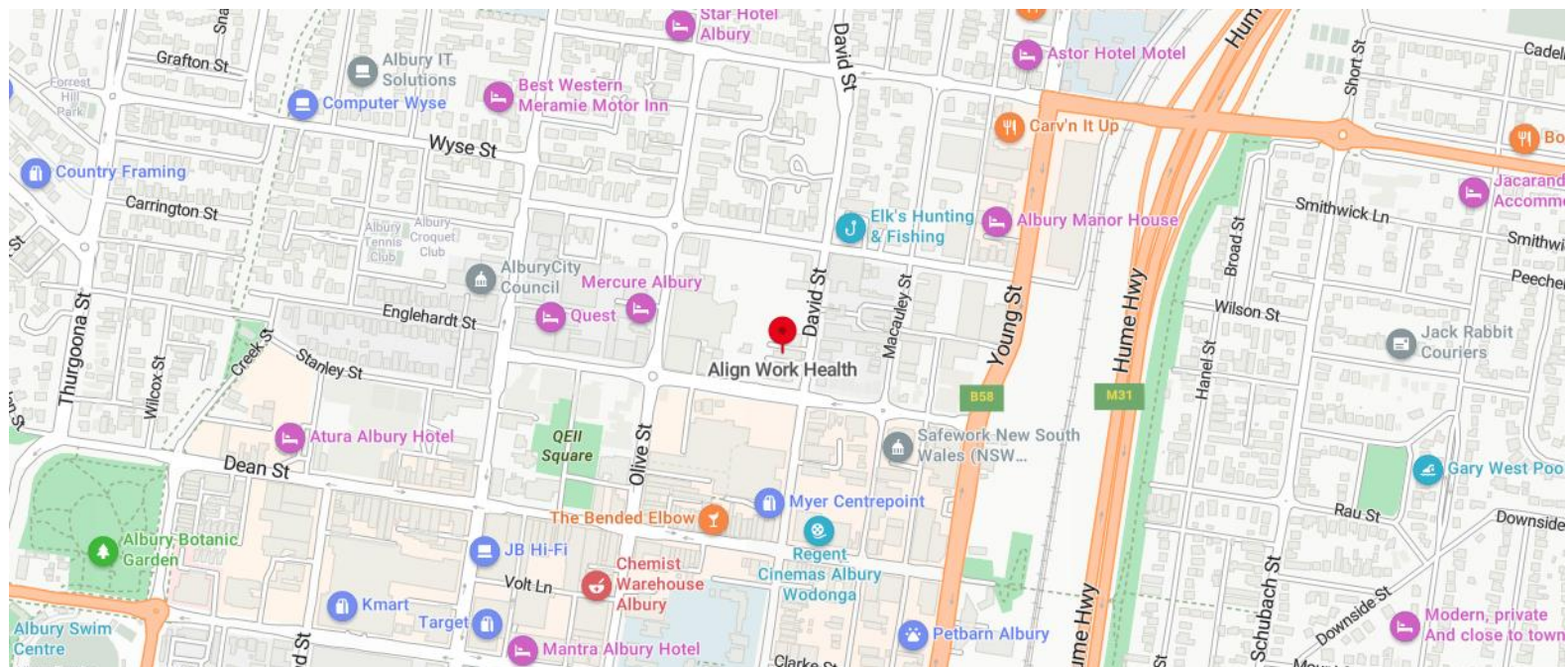
549 David Street, Albury NSW 2640

### Your Appointment:

Name:

Date:

Time:



Find us: <https://www.google.com/maps/place/Align+Work+Health>



**Align**  
Work Health

Remember, we're here for you.

If you have any questions, please don't hesitate to call us on 02 6023 4644 or by emailing [admin@alignworkhealth.com.au](mailto:admin@alignworkhealth.com.au) [alignworkhealth.com.au](http://alignworkhealth.com.au)