



HEALTH, SAFETY AND WELLBEING

PROACTIVELY IMPLEMENTING STRATEGIES TO OPTIMISE SAFETY PERFORMANCE

TMS Consulting creates integrated approaches to transform organisational culture and optimise performance. We help you balance safety and production. Our team of in-house psychologists and dedicated health and safety professionals have expertise in both the technical and behavioural aspects of health, safety and wellbeing at work.

OUR PHILOSOPHY

TMS utilises an integrated approach to ensure that the organisations we work with achieve their ultimate goal of providing a safe and positive work environment for their most important asset - their people.



OUR OFFERINGS



Safety Management Systems



Auditing and Assurance



Safety Culture and Leadership



Fatigue Management



Health Promotion - Physical



Health Promotion - Mental



Workplace Bullying



Occupational Stress

OUR KEY CLIENTS:



THE TMS DIFFERENCE

Our health, safety and wellbeing programs are designed to overlay your existing structures, not create new ones. We understand that one size doesn't fit all, so we will help you integrate our tailored programs into your workplace. TMS utilises a flexible approach to delivery with a combination of "in-house" and consultant-delivered options available. TMS assists organisations to:



Safety Management Systems

- + Develop and implement robust and effective safety management systems
- + Customise your safety management system to ensure that the "who, what, when, why and how" are addressed
- + Ensure compliance with relevant legislation



Health Promotion - Physical

- + Promote preventative strategies for musculoskeletal injuries
- + Adopt best-practice approaches to workplace health and hygiene
- + Educate workers on nutrition and hydration and their impacts on WHS



Auditing and Assurance

- + Demonstrate the effectiveness of safety management systems
- + Review policies, procedures, practices and progress against safety targets and KPIs
- + Protect and reinforce your business through sound safety management practices



Health Promotion - Mental

- + Support positive mental health of workers through awareness initiatives
- + Promote a culture of health and wellbeing
- + Educate workers about mental health, suicide awareness, and appropriate support mechanisms



Safety Culture and Leadership

- + Implement innovative and evidence-based culture and leadership capability development programs
- + Adopt holistic approaches to understanding safety behaviour and performance
- + Empower employees to stay safe everyday



Workplace Bullying

- + Implement best-practice workplace bullying prevention and management strategies
- + Create awareness and understanding of bullying behaviours in the workplace
- + Protect workers from workplace bullying hazards and risks



Fatigue Management

- + Provide specialist advice on roster design, fatigue management plans, fatigue monitoring, and learning and development solutions
- + Reduce the safety risks associated with physical and mental fatigue
- + Empower workers to proactively and effectively prevent and manage fatigue



Occupational Stress

- + Address stress as a source of risk in today's fast-paced and complex work environments
- + Determine the drivers of stress in your organisation
- + Develop capacity for resilience, stress management and coping ability