

# Corporate.Work.Health. Australia.



## JARROD TESTA

Osteopath and Exercise and  
Sports Scientist

B.ExSc, B.Sci (Clin), M.H.Sci  
(Osteo)



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## Jarrod Testa

Osteopath and Exercise and Sport Scientist  
Melbourne, Victoria

Jarrod Testa began working as an occupational health consultant when graduating as an Osteopath in 2018.

Jarrod's role at CWH Australia involves delivering a range of services that include office workstation ergonomic risk assessments, vehicle ergonomic risk assessments, manual handling training and health and wellbeing seminars.

On top of corporate health work, Jarrod also works as a Strength and Conditioning Coach, Rehabilitation consultant and Private Practice Osteopath.

Away from work, Jarrod competes in Powerlifting and enjoys spending time with family and friends.

## Testimonials

“Awesome Manual Handling Training session conducted at our workshop! The training was customised to suit our business and contained a good mix of theory/practical elements. Highly recommended. Thanks again.”

“The inner-city business for whom I work as Office Administrator recently engaged CWH Australia to deliver “Sit Safe” training seminars and conduct ergonomic assessments for all our staff. It was a very worthwhile undertaking. The information imparted in the seminars was interesting and applicable. The individual desk checks were thorough and valuable, as was the subsequent comprehensive report.”