



Escalating costs related to workplace injuries are a serious concern and growing expense for employers. Workers' compensation medical costs continue to rise at staggering rates, not to mention the indirect costs associated with job-related injuries.

The **WorkStrategies Injury Prevention Program** is a complete spectrum of safety and injury prevention services. Provided at your worksite, this program assists employers and employees in preventing or lessening injuries.

OUR MAIN OBJECTIVE IS THREE-FOLD:

- » Identifying risk
- » Partnering with employers to enhance health and safety practices
- » Creating strategies that mitigate risk and decrease injury rates

Utilizing a comprehensive wellness approach and realizing the effect of an aging workforce, the Injury Prevention Program tailors its preventative services to the employer's needs. Programs are specifically developed to focus on employee behaviors and the importance of job roles.

SERVICES RANGE FROM:

- » **Ergonomic job analysis:** To identify and quantify job tasks and associated risks
- » **Musculoskeletal injury prevention education:** Designed specifically around the risks associated with an employer's job tasks.
- » **Onsite wellness and injury prevention specialists:** Work alongside employees as they perform their daily tasks.
- » **Ongoing assessment and reinforcement of best practices** to minimize injury risk.

WORKSITE EDUCATION AND INJURY PREVENTION PRODUCTS AND SERVICES INCLUDE:

- » Ergonomic consultation
- » Repetitive motion injury prevention
- » Customized injury prevention classes
- » Wellness education and services
- » Posture and body mechanics training
- » Spine education/back schools
- » Stretching and exercising programs
- » Job site evaluations (job safety analysis)
 - + WorkRisk analysis
 - + WorkTask (job) analysis
 - + Work station assessment
- » Job analysis (physical demand analysis)
- » Train-the-trainer injury prevention programs
- » Early symptom intervention