



The goal of the WorkStrategies OnSite program is to reduce injuries, claims and costs for the employer with the end result being increased performance, productivity, profits and employee quality of life. Our comprehensive and multidisciplinary onsite services are customized to meet the employer's specific needs and goals.

SERVICES INCLUDE:

Early symptom intervention

- » Pre-injury assessment and triage of worker discomfort complaints
- » First aid care of minor injuries
- » Service provided by a health care professional with expertise in musculoskeletal injuries
- » Valuable strategy in managing OSHA 300 recordables

Ergonomic job analysis

- » Work risk analysis
 - + Identify, quantify and document risks associated with selected jobs
- » Work task analysis (physical demand analysis)
 - + Identify and list essential functions and associated physical demands
- » Work station analysis (office work area assessment)
 - + Identify improper work station set up or design and make corrective changes

Musculoskeletal injury prevention education

- » Designed specifically around the risks associated with an employer's job tasks and recordable history
- » Provide employee and management team with the tools to proactively address risk:
 - + Recognize risks associated with performance of the job
 - + Identify ways to minimize risks while maximizing performance

- + Demonstrate techniques to minimize accumulated stresses of the job performance
- + Customized stretches taught to counteract job tasks to prevent injury

Onsite wellness and injury prevention coaching

- » Provided by a health care professional
- » Work alongside employees as they perform their daily tasks

Transitional return-to-work programs

- » **Job coaching:** Reintegrate the returning worker to their job with the focus on assisting them in recognizing risk factors and creating a strategy to minimize/eliminate re-injury.
- » **Work conditioning:** An intensive goal-oriented conditioning program designed to restore physical capacity and function in individuals who have been out of work for long periods of time.

Train-the-trainer injury prevention program

- » Design a company-specific program
 - + Intensive assessment of risk factors
 - + Establish educational goals and program content
 - + Create educational program with trainer materials
- » Instruct an employer's implementation team
 - + Conduct certification class for team of trainers
 - + Conduct annual follow up review sessions

Job coaching

- » New hire training/conditioning: A program focused on teaching and reinforcing best practices and body mechanics, as well as a progressive exercise to prepare employees for the physical demands of the job.
- » Return to work programs: Minimize/eliminate re-injury by reintegrating the returning worker to their job through 1) recognizing and reducing ergonomic risk factors 2) goal-oriented conditioning programs designed to restore both function and fitness.