Industrial Catalogue
Through our comprehensive surveys and evaluations, not only do we identify problem areas, we also provide customized and effective recommendations at all levels of the organization.

**Individual Evaluations**

**Ergonomic Evaluation**

**LENGTH** 1–2 hours (onsite)

For individual employees with discomfort (early intervention), an injury / restriction, or a diagnosis. Written report describing risk factors, interventions, and recommendations is provided. We send out a symptom survey and consent form prior to the appointment, then review with the individual onsite. We employ an educational approach, make immediate adjustments as able and as appropriate to past or current reported discomfort, and provide a comprehensive handout. Within 10 days of the evaluation, we provide a comprehensive report including the employee concerns, intervention details, before and after photos, and additional recommendations. Assistance with implementation and follow up is available.

**ADA Accommodation Evaluation**

**LENGTH** 1.5–2 hours (onsite)

If an employee has an injury or disability requiring accommodation or careful attention to reduce the cause of or aggravating factors, choose our most extensive evaluation. We send out a symptom survey and consent form prior to the appointment, then review with the individual onsite. We employ an educational approach, make immediate adjustments onsite as able, and provide a comprehensive handout. The report has a similar content structure to the Ergonomic Evaluation Report. We also provide two brief remote follow-ups, and circle back to you to close the case – at no additional charge!

**Onsite Job Coaching**

Enjoy the benefits of having one of our consultants onsite helping one employee learn specific task-oriented biomechanics or alternative work techniques to:

- Ensure safe return to work after an injury
- Prevent an ache or discomfort from turning into an injury or claim
- Improve learning for an employee having difficulty transferring injury prevention techniques at work
- Ensure employees break bad habits and learn safer new ones with one on one feedback and coaching
Health Fair Consults

LENGTH 20 minutes (per participant)

Our team of experts offers high impact one-on-one ergonomic and/or wellness consultations on a sign-up basis at health fairs. Ergo consultations include office or home ergonomic education. Wellness consultations include general fitness and nutrition education, and bioelectrical impedance body fat testing and interpretation is available.

Facility or Department Assessments

Anonymous Symptom Survey

Don’t know where to start? This company-wide symptom survey is an industry-leading approach to achieve best practices under global safety standards. Administered anonymously to employees, the survey pinpoints areas and intensity of discomfort associated with various job tasks. Our experts analyze the data and provide a summary of findings prioritizing areas of focus to reduce risk factors. When these surveys are used as an ongoing “surveillance” program, they facilitate the assessment and identification of potential health concerns at an early stage, where corrective actions can minimize business impact. This can be repeated at a minimum of 6 months after intervention.

Anonymous Employee Perception Survey

Another approach to accomplish best practices under global safety standards, this company-wide survey solicits employee feedback on perceived risk factors associated with various job tasks such as exertion, repetition, and awkward postures. Therefore, it is the backbone for employee participation in and ownership of continuous ergonomic and safety improvements. We analyze the data and provide a summary of findings. This assists you in recognizing and prioritizing primary areas of focus to reduce ergonomic risk factors. When these surveys are used as an ongoing “surveillance” program, they facilitate the assessment and identification of potential health concerns at an early stage, where corrective actions can minimize business impact. This can be repeated at a minimum of 6 months after intervention.

Lean Ergonomics Assessment

This assessment blends lean principles with ergonomic assessment to increase productivity, efficiency and profitability while also reducing ergonomic risk factors. We prefer to collaborate with your employees as well as in-house lean and/or ergonomics team members at a task, job, department or facility level. These evaluations can be “formal” or “informal”, or a blend of both according to your objectives, executive needs, and budget. Call to discuss. Either way, we will provide a detailed report with short, mid, and long term solutions for consideration – often resulting in a 2+-year road map of continuous improvement!!

Informal Walk-Through Assessment

We use an observational approach to identify biomechanical ergonomic risk factors at a task, job, department or facility level. A summary is provided prioritizing risks/hazards that were observed and providing short-term solutions as well as suggestions for next steps.
Job Task Analysis

A Job Task Analysis is a written detailed measurement of the physical demands of a job position most useful for jobs in the Medium-Heavy-Very Heavy physical demand category or jobs that are highly repetitive. This detailed assessment document is the backbone of your Return to Work, Ergonomic, and Injury Prevention efforts. It eliminates the need for the medical provider to rely solely on the injured worker’s verbal descriptions of the physical demands of the job and we validate ours. A validated Job Task Analysis can then be used for:

- Hiring and Firing
- Workers compensation claims medical review
- Early and appropriate return to work
- Creation of light duty / modified duty / transitional Return to Work programs
- Creation of a physical ability Pre-Work Screen
- Compliance with the American's with Disability Act (ADAAA) and EEOC

For more information, please request our article “Is Your Functional Job Task Analysis Functional or is it Missing Important Information?”
We provide an array of high impact injury prevention and health and wellness “edutainment” to motivate behavioral change and innovation at all levels of your organization, from the individual employee to the decision-makers.

Ergonomic Workshops

**Protect Your Body! ©**

**WHO** Employees and/or supervisors (TTT)  
**LENGTH** 1 – 2 hours

This workshop focuses on safe mechanics of the whole body - including the back, neck, shoulder, arms, and legs. We review the symptoms and causes of cumulative trauma and how to reduce the risks associated with those aches and pains. Lifting techniques will be demonstrated and practiced. This training is most effective if it is preceded by 1-2 hours of onsite observation of work being performed. During this observation, photos will be taken and then incorporated into the training for customization, improved retention and problem-solving. Next best option is to send us photos of employees doing the tasks you are concerned about and having a review call to plan the training.

**Protect Your Back! ©** (Self-guided Program)

**WHO** All employees  
**LENGTH** 1.5 hours (optional live demo and practice workshop)

The majority of people have occasional lower back pain and don’t know what to do about it. The uniqueness of our program is that it is safe for all abilities with low time investment. It equally emphasizes strengthening and stabilization for the abdominals, gluteals, and deep low back muscles, as well as having a stretching component. Our program is based on science and rehabilitation principles rather than misinformed fads. This workshop provides an overall orientation of how to use the Protect Your Back! © Manuals, covers the science and theory behind the program, and demonstrates the exercises and stretches in Levels 1 and 2 (out of our 5 level self-guided program) for optimal back health and function.
Protect Your Back! © Manuals
This is a safe self-guided 5-level program for optimal back health and function, based on rehabilitation principles. These full color manuals include tracking guides at each level. Volume pricing.

Protect Your Back! © Video
This video covers an overall orientation of how to use the manual, the science and theory behind the program, demonstrates the exercises in Levels 1 and 2 (out of 5 total) and the stretches. Terms of Use Agreement required.

Shift Prep! – Joint Stabilization ©
WHO
Non-office employees and/or champions (Train the Coach – highly recommended)

LENGTH
Live 1-hour workshop for up to 20 employees; live 4-hour workshop for up to 8 coaches; additional options

Our innovative, research-based warm up program is great for employees doing physical work. Based on rehabilitation and fitness principles, these movements will strengthen and stabilize the lower back, hip, knee, ankle, and shoulder joints. It has been proven to reduce injury incidence and perceived effort during work tasks, ultimately enhancing efficiency. These rehabilitation-based and fitness-based movements are designed to be performed prior to every shift and can also be done right after lunch.

Our Train the Coach course creates skilled in-house champions to ensure employees perform the activities with proper form and technique, including any necessary modifications! We offer all-employee training at two levels: a fast-paced orientation kick-off to launch the program and have your coaches assist and be daily facilitators going forward; or, an intermediate level of training that teaches all employees ways to modify the activities independently (good when coaches won’t be available daily to facilitate going forward).

Shift Prep! – Joint Stabilization © Posters
Full color, laminated, and customized 18” x 24” posters include photographs and written descriptions, allowing employees to thoroughly learn each movement. Posters can only be purchased in conjunction with workshop. Licensing for digital posters also available. Volume pricing.

Shift Prep! – Joint Stabilization © Pocket Guides
Pocket guides, available in pocket or custom sizes, include sketches with written descriptions of each movement. Pocket guides can only be purchased in conjunction with workshop. Licensing for digital pocket guides also available. Available with waterproof paper and ink. Volume pricing.

Shift Prep! – Joint Stabilization © Video
This video includes detailed information on the movements covered in the workshop, and serves as a valuable training tool for coaches, as a refresher for employees, and as an orientation to new employees. Licensing for digital uploading or DVDs available.
Wellness Workshops

**Nutrition Basics ©**

**WHO**
All employees

**LENGTH**
1 hour

This workshop teaches or reminds non-athletes and athletes how to eat for optimal health and performance. Learn tricks for healthier eating with a busy lifestyle, and get started on your healthy eating journey with simple recipes.

**Healthy Recipes**

Receive monthly recipes to support your wellness efforts.

**Slow Down Your Aging! ©**

**WHO**
All employees

**LENGTH**
1 – 2 hours

This is a superb first-workshop to support wellness efforts and ergonomic efforts, as it sets the stage for and motivates personal accountability for being healthy & safe!

**Stretch Breaks! ©**

**WHO**
Employees and/or Coaches (Train the Coach – highly recommended)

**LENGTH**
Live 45-min workshop for up to 20 Employees; live 4-hour workshop for up to 8 Coaches; additional roll-out options

Front Line employees can benefit from performing a few stretches every day to keep blood circulating, improve postural imbalances, and decrease effects of static, heavy, and repetitive movement. These brief stretches are designed to be performed briefly throughout the workday.

Our Train the Coach course creates skilled in-house champions to ensure employees perform the activities with proper form and technique, including any necessary modifications!

**Stretch Breaks! © Posters**

Full color, laminated, and co-branded posters with photographs and written descriptions allow employees to walk themselves through each stretch. This can be purchased separately or in conjunction with our live or remote workshop. Licensing for electronic posters also available. Volume pricing.

**Stretch Breaks! © Pocket Guides**

The size of a checkbook register, or a custom size, these pocket guides fit easily into a pocket. They have black and white sketches with written descriptions of each stretch. Licensing for digital pocket guides also available. Available with waterproof paper and ink. Volume pricing.
Fit to Go! ©

WHO       All employees
LENGTH    1 hour

In our hands-on fitness workshop, we share simple strengthening exercises that anyone can do anytime, anywhere!

Fit to Go! © Workouts for the Road

Manual features simple, fun exercises that are easy to do anywhere – no gym required!

Wellness Products

Looking for simple, quick solutions to immediately start improving the wellness of your workforce? Look no further.

Wellness Articles

Topics include nutrition, fitness, sleep, and other general wellness issues.

Resistive Tubing Exercise Posters

Feature exercises essential to stabilizing your body and performing functional tasks safely and efficiently.

Stability Ball Exercise Manuals

Feature exercises effective at developing core and joint strength and stability, reducing risk of injury.

Cable Machine Exercise Posters

Feature joint and spinal stability and mobility exercises, enhancing muscle recruitment during functional tasks.

Training Programs

Train the Evaluator: Industrial Ergonomic Screens ©

WHO       In-House Personnel who deal with ergonomics, facilities or injury issues, such as HR, Facilities, Safety Manager, Industrial Hygienist, or Purchasing
LENGTH    Typically 1 – 3 days

Learn content from simply understanding what ergonomic risk exposures are to how to actually conduct in-house industrial ergonomic screens and provide appropriate interventions. For 2– and 3–day courses, we will practice using checklists and standardized screening tools both in the classroom, with video, and out in your facility.
Creating the Age Friendly Workplace ©

WHO Management and supervisors
LENGTH 2 – 3 hours

Don’t be caught off guard as our working demographic shifts! This workshop describes what happens physiologically in the body as we age as well as measures to accommodate those changes in the workplace to keep ALL valuable employees (no matter their age) engaged and working and injury free.

OSHA 10 / OSHA 30 Construction Ergonomics Modules ©

LENGTH 1 hour OSHA 10; 2 hours OSHA 30

The OSHA 30 module (2 hours) will review some industry statistics, what the true costs of these injuries are, what the injury risk exposures are, elements for successful mitigation of the risks and where to focus your energies to do so, and then drilling down into many specific examples to illustrate and brainstorm both risk identification and controls. Attendees will learn:

- Primary general risk factors for MSD injuries in construction
- Elements of successful MSD injury mitigation programs
- Examples of engineering, administrative, and work practice controls to mitigate MSD injury risk exposures

The OSHA 10 module will review industry statistics, true costs of these injuries, injury risk exposures, and will drill down into many specific examples to illustrate both risk identification and controls.

Ergo for a Healthier Workplace ©

WHO Management and supervisors
LENGTH 1 – 1.25 hours

Teach your management and executives the financial and health benefits of ergonomic interventions.
Prevention through Design is the process for reducing occupational health and safety hazards during design and purchasing processes to prevent work related injuries, maximize efficiency and improve profitability associated with various job tasks and facilities. It is considered a world-class best practice!

**Ergonomic Facility Design Consultation**

We do not want you to build or configure your work areas, furniture or equipment in a way that causes injury risk and human inefficiencies...ultimately wasting money retrofitting later! Whether a reconfiguration, remodel or a new construction, we can collaborate with your architect, design team, and furniture vendors to provide recommendations that suit the job tasks, job equipment, and workflow of your employees. Incorporating custom, expert-based ergonomics (not ergonomic labels) into your design will create safer, more productive, and more sustainable work areas for your people.

**Starter Design Guidelines**

Not ready for custom design recommendations? Try our off-the-shelf Starter Design Guidelines that provide generic design considerations.

**Ergonomic Equipment Purchasing Consultation**

Often we see a variety of types of equipment in a facility, most of it lacking legitimate or sufficient beneficial ergonomic features. Ergonomic equipment purchasing guidelines help streamline procurement and avoid potentially harmful or unnecessary purchases. We can work with your team to provide a customized list of preferred ergonomic equipment based on an evaluation of your space. We can also work with you to develop standardized purchasing guidelines and ergo criteria for equipment specific to your organization, which can include collaboration with your vendors to create custom order forms or website links. We are here to assist you in the purchasing process as much or as little as you’d like, and offer an extensive list of itemized services to custom build a package based on your specific needs.

This dovetails well with the Train the Evaluator: Industrial Ergonomics Screens © course, as your in-house specialist can then use the established guidelines with confidence when making recommendations.
Starter Equipment Guidelines

Looking for a simple solution now? Choose our basic off-the-shelf Starter Equipment Guidelines, which includes a general list of preferred ergonomic equipment specifications and ideal features, helping you begin the process of selecting and standardizing your equipment.

Ergonomic Policy and Procedure Consultation

We can develop new or audit existing policies and procedures within your ergonomic / health / safety departments. This can include topics such as ergonomic equipment policy, requests, protocols, remote worker issues, and general guidelines.