



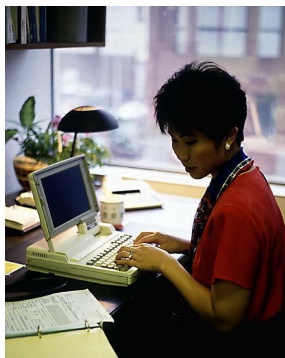
## ERGONOMIC COACHING SERVICES

Reduce workers compensation and disability costs.

Improve morale, satisfaction and productivity!

(Also, the popular benefit...reduce complaining and overall grumpiness.)

### How we can help with Ergonomics at Your Company?



**Our ergonomics services** focus on injury prevention, and are designed to reduce repetitive motion, back, and neck pain. Simple modifications based on ergonomic evaluation can significantly increase productivity, decrease physical and mental stress, and thereby reduce costly worker's compensation and disability costs.

**We provide specific recommendations** for employees, teaching them the proper biomechanics for their job. Each worker learns actions that are suited to decrease joint stress and improve functionality. We can suggest inexpensive and ingenious solutions to some of the most frustrating problems that cause tension, pain, or tiredness and reduce job productivity and satisfaction.

**Employees are coached** as a supervisor corrects body movement during desk activities, handling of materials or loading of products, mobility in seated positions, movement on a workflow, etc. With the basic knowledge of anatomy given and good guidelines for each job, employees can apply smart movements practically in work, travel, and home environments. Typical daily routines may then be done with ease.

**Ergonomic workshops** to introduce this concept in the work environment are highly recommended, and are usually an excellent starting point for employees. Simple suggestions for workplace, travel, and event activities can improve satisfaction and productivity right away!

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