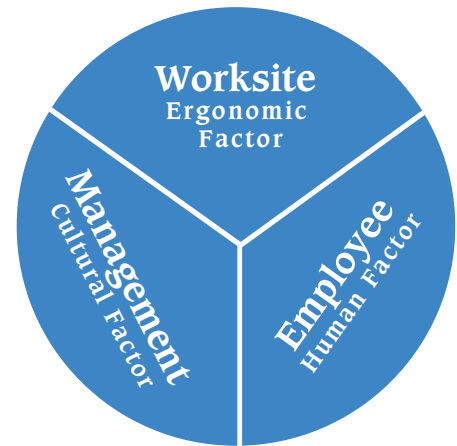


Injury Prevention Awareness and Training

One small injury ...  costs more than you can imagine.

By addressing the three key pieces of the “prevention pie” you can reduce your workplace injuries, improve your worker productivity and decrease your worker’s compensation costs. The Work Center of *OSI* Physical Therapy integrates worksite ergonomics, employee education and training for managers.



The Work Risk Analysis

Reducing workplace injuries requires that you know how and why injuries occur. A Work Risk Analysis (WRA) helps you identify the risk factors in a specific work area by examining work design ergonomics and worker habits.

A Work Risk Analysis is based on knowledge of the mechanisms of injury and the risk factors for those injuries. The result of the analysis is a list of recommendations that are designed to minimize or eliminate the risks.

Risk reduction translates into fewer injuries and lower injury-related costs.

The information derived from a WRA provides the basis for an injury prevention training program that is designed to meet the specific needs of your employees and your company.



Call for your **FREE** consultation:
651-439-9509

Injury Prevention Training for Managers and Employees

Our training seminars are designed to address your specific risks and provide you with the tools to successfully implement your injury prevention program.

FOR EMPLOYEES:

Employee training focuses on how to avoid a musculoskeletal disorder (MSD) and how to care for the working body. The training will include:

- Anatomy and physiology
- Ergonomics
- Proper body mechanics and safe work techniques
- Ways to avoid fatigue
- Early identification of signs and symptoms
- The importance of early intervention

FOR MANAGEMENT:

Supervisors are the cornerstone for the success or failure of a Return-to-work program. Managers receive the same training as the employees with the following additions:

- The impact of workplace culture
- How to motivate the worker to take care of themselves
- Injury prevention awareness
- Return to work planning

www.workcenteronline.com