



Take Control of Work-Related Injury

Did You Know?*

- Musculoskeletal Disorders (MSDs) represent **62% of all workers' compensation claims.**
- MSDs result in nearly **\$20 billion** in lost time and workers' compensation costs every year.
- Back pain is in the **top 5 costliest** conditions for employers.
- For every **\$1.00** in medical/pharmaceutical bills, **\$2.31** is lost due to decreased productivity and absenteeism.

*According to OSHA and *The Journal of Occupational and Environmental Medicine*

What is ErgoFit?

ErgoFit integrates ergonomics into your company's culture through an unmatched system of ergonomic evaluation, education, training and implementation.

The system goes beyond assessment of work environments, biomechanical and behavioral risk; it empowers employees to be a part of their own risk reduction and teaches managers to become coaches, ensuring behavioral change.

It is comprehensive, easy to execute and delivers meaningful and lasting results, impacting productivity and profitability.

Existing clients using the ErgoFit system have seen improvement in employee strength and flexibility across the board, with an overall increase in productivity.

ErgoFit is Modular—It can be implemented in stages, or integrated with your existing ergonomics program. You decide which parts of the program are right for your company.

- 1) Training for Managers
- 2) Training for Staff
- 3) Stretching/Strengthening Training
- 4) Coaching Training
- 5) Obstacle Course
- 6) Physical Assessments (baseline, 90-day and annual)

Physical Assessment Scorecards

ErgoFit STRETCHING PROGRAM

Strength and Stretching Handouts

Worker Performance

Peak → Fatigue → Discomfort → Pain

Thoracic Outlet

Blood Vessels, Nerves

Muscles Contract, Tendons Pull, Joints Move, Posture

Ergonomics Training

