



Ergonomic Training Programs

Recognition of ergonomic risk factors is the first step in eliminating ergonomic injuries. **P3 Ergonomics** can provide your employees with the awareness they need to stay safe on the job. Using the concept of **Workforce Athletes** we enable employees to achieve peak performance, just like athletes.

Ergo Athlete—Employee Awareness Training

Allow us to show your workers how proper ergonomics can contribute to a safer workplace. Our training includes:

- Review of ergonomic concepts for both seated and non-seated work environments
- Identification of ergonomic risk factors, exposures, symptoms and consequences
- Proper body mechanics, safe lifting techniques and work practices
- Proper equipment usage
- Handouts and resources on basic workstation setup guidelines and parameters

Ergo Coach—Supervisor Training

Our thorough review of risk factors, body mechanics, and product recommendations allow your Managers/Supervisors to become more aware of how to address ergonomic issues in your workplace. With that knowledge, they can:

- Create safer work environments
- Reduce or prevent Workers' Compensation claims
- Promote effective communication with workers
- Identify effective ergonomic interventions

Ergo Champion—Facilitator

Educate your ergonomic team members, safety personnel, and identified employees on the concept of ergonomic awareness and potential risk factors in the workplace.

This in-depth, high-level training also includes work practices, mock ergonomic evaluations, sample reporting and recommendations so that your team can be prepared to execute their new knowledge in your workplace.

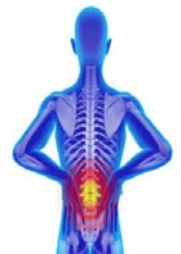
As with all our training, we tailor our services to meet the needs of our clients. Below are some of the other customized training programs we offer.

Safe Lifting and Handling Practices

Lifting of objects can range from very light such as a piece of paper or a pen to very heavy such as loads of boxes or equipment. Lifting then is very much a part of our every day jobs. Improper lifting techniques, however, are responsible for a large percentage of back injuries among workers. Back strain, a common injury, can be avoided by simply practicing safe lifting techniques.

Our Safe Lifting and Handling Practices seminar provides education about:

- Anatomy of the back
- Back saving lifting techniques
- Stretching routines
- Proper equipment positioning and adjustments.



Back Injury Prevention

Back injuries are cited as the most common reason for absenteeism in the general workforce after the common cold. About 80 percent of adults are estimated to experience a back injury in their lifetime, and about 10 percent will suffer a re-injury. In the United States alone, back disorders account for over 36 percent of all occupational injuries and illnesses involving sprains and strains, according to the Bureau of Labor Statistics (BLS).

P3 Ergonomics can provide you and your employees with the information and education necessary to:

- Identify trouble areas and recognize the need for safe lifting practices
- Understand the benefits and usage of specialized assistive devices and equipment
- Utilize safe lifting techniques that place minimum stress on the lower back

At P3 Ergonomics we are dedicated to creating engaging, interactive and educational training programs to enhance workers' performance and prevent injury at work.