

Integrated Functional Fitness Program

The best time to address work-related strains, sprains and other injuries is before they occur. As part of our Integrated Functional Fitness Program, HealthForce work injury and fitness specialists provide direction and strategies to address potential risk factors before an employee's discomfort results in lost time or a disability claim. Incorporating key principles of physical therapy, occupational therapy and ergonomics, we deliver our services where they are needed most — at the worksite.

Features

- » Visits to your worksite, including thorough investigation and careful analyses of jobs, work settings, tasks, tools, machinery, and other conditions unique to the work
- » Pre-claim instruction and coaching for employees, both one-on-one and in groups, based on job analyses and simulations
- » Personal interaction and side-by-side observation of employees while they work
- » Information and advice on work habits employees can adopt to work more effectively and comfortably while reducing injury risks
- » Custom-designed, dynamic warm-ups (before each workday and after breaks) to prepare employees for the daily demands of their work
- » Train-the-trainer sessions for safety managers on how to keep employees fit, safe and productive
- » Modules and demonstrations on safe lifting, equipment use and maintenance, safe driving habits, proper clothing and footwear, and more
- » Individual advice for employees who have specific concerns or discomforts, as well as identification of factors contributing to those issues
- » Customized tools and learning materials to reinforce proper work habits (i.e., posters, handouts and laminated quick-reference cards)
- » Take-home materials, tips and techniques employees can use to reduce post-shift soreness

Customer benefits

The HealthForce Integrated Functional Fitness Program helps you and your employees work together to create a healthier work environment that yields:

- » increased employee productivity and attention to safety,
- » improved muscular flexibility, strength, endurance and overall joint stability,
- » fewer recordable incidents and related healthcare costs,
- » fewer and less costly disability claims, and
- » improved employee morale and retention.

Our services are flexible and can be delivered either one-on-one or in groups. Regardless of format or group size, we always make time to interact with each employee and provide customized advice and coaching based on his or her specific job duties and capabilities.

We also tailor our services to tie in with existing educational programs, health fairs or safety initiatives you currently provide for your employees.

Post-injury services

Our primary goal is always to prevent work-related discomfort and injury. In the event of an incident, however, we offer post-injury advice and support to prevent further injury and successfully transition the injured employee back to work. Topics include:

- » safe body mechanics and posture,
- » work pacing and task rotation, and
- » injury and re-injury prevention methods.

Our work injury specialists address unforeseen issues that arise once the employee returns to work. We help the employee take concepts learned in a clinic setting and apply them to everyday tasks and situations at work. If needed, we also consult regarding possible modification of work habits or the physical environment to facilitate return to work.



Job coaching is most effective when performed at the worksite, where it has the most immediate, positive impact on worker safety and productivity.



HealthForce work injury and fitness experts provide customized advice and useful techniques to help employees work effectively and prevent injuries.

About HealthForce

HealthForce is a single-source provider of workplace health solutions, serving thousands of local, regional and national employers. We are an innovator in employee health, offering superior care to injured and ill employees, and designing and delivering workplace health services to improve employee health and productivity.

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