



## Onsite Occupational Injury Prevention, Health & Wellness Program 2022



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February 24, 2022

# Ergonomic Programs

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## Proactive State – Tracking the Program

- **Lead and create** ergonomics programs and teams
- **Conduct** Job Risk Analyses
- **Create** job-specific pre-shift warm-up & conditioning programs
- **Conduct** biomechanical assessments
- **Interactive** job coaching
- **Track** Ergonomic performance and injury trends
- **Actively** collaborate in intervention and action planning process utilizing the ergonomic hierarchy of controls
- **Engage** in various advanced educational opportunities including back schools, ergonomic intro classes, obstacle courses, assessor courses and more

# Athletic Trainer Prevention Program 2022

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- January/February: Job Shadowing/Stretch and Flex
- March/April: Ergo Job Risk Assessments
- May/June: Biomechanics Assessments
- July/August: NEO injury prevention
- September/October: Job Specific Injury Prevention Programs
- November/December: Performance Optimization Program

PIVOT will build on each phase every two months. This allows for the GGBHTD to implement and grow on each phase while including Health & Wellness Monthly programs.

# Ergonomic Programs: Stretch and Flex

- Dynamic Warm-Up Programs
  - Pre-Shift Stretching Programs
    - Develop a site and/or job-specific warm up program
    - Educate employees on how to warm up and cool down
    - Actively engage daily in stretches

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**STRETCH & FLEX**

**Neck Rolls**  
Start with your head straight. Lower your chin to your chest, roll your head so your ear is over one shoulder. Tilt your head back with your chin up, roll your head to the other side.  
Repeat 5 times each direction.



**Neck Stretch**  
Place one hand on top of your head. Apply gentle pressure bending the side of your head towards your shoulder. You should feel a stretch through your neck and across your upper trapezius.  
Hold for 30 seconds and do 3 sets on each side.



**Shoulder Rolls**  
Shrug your shoulder up towards your ears. Then, squeeze your shoulder blades together, pulling your shoulders back. Press your shoulders down and then slightly round your upper back, pressing your shoulders forward. Try to maintain a strong core throughout the movement.  
Repeat 5 times forward and back.



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**STRETCH & FLEX**

**Arm Circles**  
Extend your arms parallel to the floor. Circle your arms forward using small controlled motions. Gradually make your circles bigger. Reverse directions.  
Repeat 10 times each direction.



**Scapular Squeeze**  
Raise your arms to shoulder height, elbows bent, and palms forward. Squeeze your shoulder blades together.  
Hold for 10 seconds and repeat 5 times.



**Rhomboid Stretch**  
Stretch your arms out in front of your body and clasp one hand on top of the other. Gently reach forward so that you feel a stretch across your shoulders and upper back.  
Hold for 10 seconds and repeat 5 times.

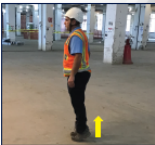


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**STRETCH & FLEX**


**Calf Raise**  
Stand with your feet hip-width apart. Raise your heels and keep your knees relaxed. Pause at the top and lower your heels to the ground.  
Hold for 3 seconds and repeat 10 times.



**Calf Stretch**  
Stand facing a wall with your hands resting on the wall at eye level. Step one leg back. Keeping both heels on the floor bend your front knee keeping your rear leg straight. You should feel a stretch along the back of your rear leg.  
Hold for 3 seconds and do 3 sets on each side.



**Single Leg Balance**  
Begin standing on both legs. Lift one leg while balancing on the other.  
Hold for 10-30 seconds and do 3 sets on each side.



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# AT Prevention Program GGBHTD 2022

## Phase 1 Orientation, Job Shadowing, Preventative Stretching Program

- Shadow EE's during their workday to familiarized with job tasks
- Implement Stretching & Flex program while increasing EE engagement
- AT connected with mentoring programs for support

## Phase 2 JRAs and Biomechanics Assessment Development

- Ergo JRAs on each job
- Build job specific Biomechanics Assessments based on JRAs- Feedback tool for injury prevention
- Begin Ergo Assessments with higher risk jobs

## Phase 3 Ergo Prevention Implementation

- Weekly time performing biomechanics assessments
  - New Hire and Post Incident
  - Trending- JRAs, Biomechanics Assessments, injury trends
- Targeted job specific prevention programs based on trending
- NEO involvement
- Ergonomic recommendations based on JRAs

## Phase 4 Proactive Employee Engagement



- Wellness engagement
- Performance Optimization Program
- Continued ergo interventions

# Beyond Day Zero-Proactive: Wellness Services

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- First Aid Episodic Care
- Case Management
- Wellness Promotion / Events
- Biometric Screening
- Chronic Disease Management / Lifestyle Management
  - Substance Abuse
  - Stress Reduction
  - Mental Health
- Lunch & Learns
- Health Fairs
- FMLA & Disability Management

# GGBHTD Health and Wellness Calendar Outline




SMARTER HEALTHCARE AT WORK

Health and Wellness at Your Fingertips

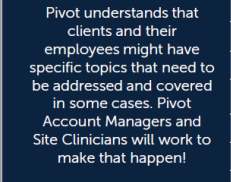
Pivot Onsite Innovations understands that starting a health and wellbeing program can be a daunting task. This is why all of our clinicians are armed with the tools and resources needed to support your organization's wellbeing.

The Pivot Onsite Innovations Wellness Library is included in all our offerings. It promotes employee well-being and offers a variety of educational health materials, including newsletters, flyers, brochures, and presentations. The library resource also increases awareness and engagement at the site, creating a culture of health, wellness, and safety, ultimately increasing employee productivity and employee retention.

2022 Wellness Calendar Preview





Each monthly newsletter contains a "Safety Corner" within the newsletter



Pivot understands that clients and their employees might have specific topics that need to be addressed and covered in some cases. Pivot Account Managers and Site Clinicians will work to make that happen!

January	MIND	Goal Setting, Dream Board
February	MIND	Competition & Accountability
March	BODY	Eat This Not That – Nutrition Guidance
April	MIND	Stress Management & Emotional Health
May	BODY	Mobility
June	SAFETY	Safety Awareness
July	ALL	MIND, BODY SAFETY Connections
August	MIND	Managing Emotions
September	MIND & BODY	Sleep Hygiene
October	MIND	Seasonal Affect Disorder
November	MIND	Social Connectedness
December	MIND	Holiday Wellbeing



Pivot Awareness Campaigns:

- February: Wear Red Heart Health Month
- March: Nutrition Awareness
- April: Earth Day
- June: Safety Month
- October: Breast Cancer Awareness Month
- November: Men's Health



# GGBHTD Health and Wellness Flyer



WELLNESS CLINIC POWERED BY



## Your Wellness Clinic is Here to Help YOU!

### Occupational Health Services

- ✓ Injury Triage
- ✓ Return-to-Work Liaison Between GGBHTD and Employees for Medical Services
- ✓ Drug Screen & Physicals
- ✓ Physical Therapy & Injury Prevention
- ✓ Medical Emergency Response

### Personal Health & Wellness

- ✓ Urgent Care
- ✓ Occasional Glucose Checks
- ✓ Blood Pressure Checks
- ✓ Preventative Health Education
- ✓ Chronic Disease Education
- ✓ Nutrition and Fitness Coaching
- ✓ Injury Prevention Services & Physical Therapy

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6:00 am – 6:00 pm  
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information