

The SIM connection to ergonomics



for Central Florida ASSE
November 2009

Overview

1

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Agenda - the Safety In Motion® connection to ergonomics

- The apology – fast, very fast
- Types of body motion injuries
- What causes/prevents these injuries
- Education – easy to understand, experience & apply
- Action – system, implementation, coaching, tools
- Results – improved ergonomics, procedures, wellness, employee involvement, prevention indicators

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2

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Types of body motion injuries

1- Acute overload – strain & sprain

- High force = weight, speed
Awkward posture = end-range



2- Body reaction – slip, trip, spasm

- Acute injury or spasm from reacting to unexpected event



3- Cumulative wear and tear

- Inflammation from fatigue, contract stress...
- Cumulative micro-injuries



4- Aggravation of pre-existing injury or condition



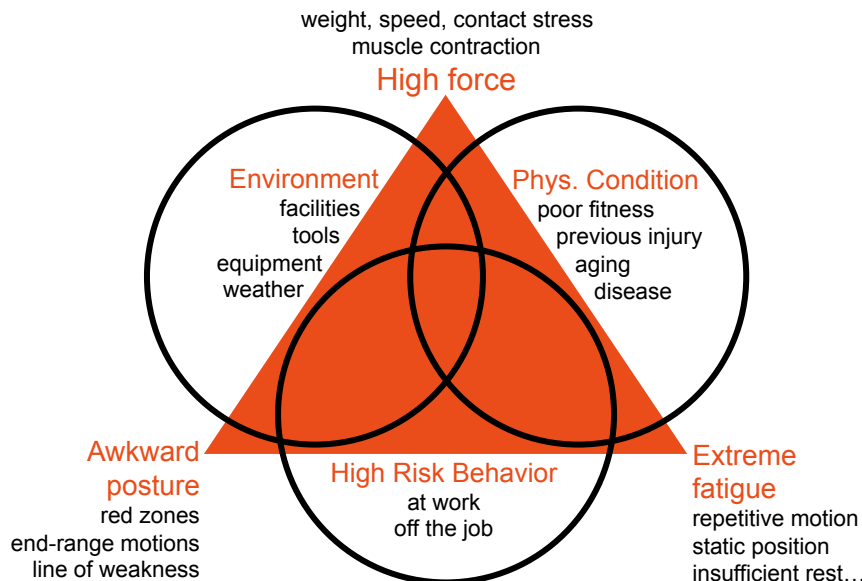
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3

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Body motion injury causes



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4

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Education

- Live training is key to behavior change
 1. Experiencing techniques is what initiates buy-in and behavior change
 2. Stressed-Better™ examples of task applications on and off the job
 3. Animations illustrate key concepts, introduce experiential exercises, increase time efficiency
 4. In English, Spanish and...

- SIM4™ live training modules
 1. Position Elbows Closer™
 2. Use Mid-range Wrist Motions™
 3. Leg Strength & Balance
 4. Lifting Options, Technique & Pace™

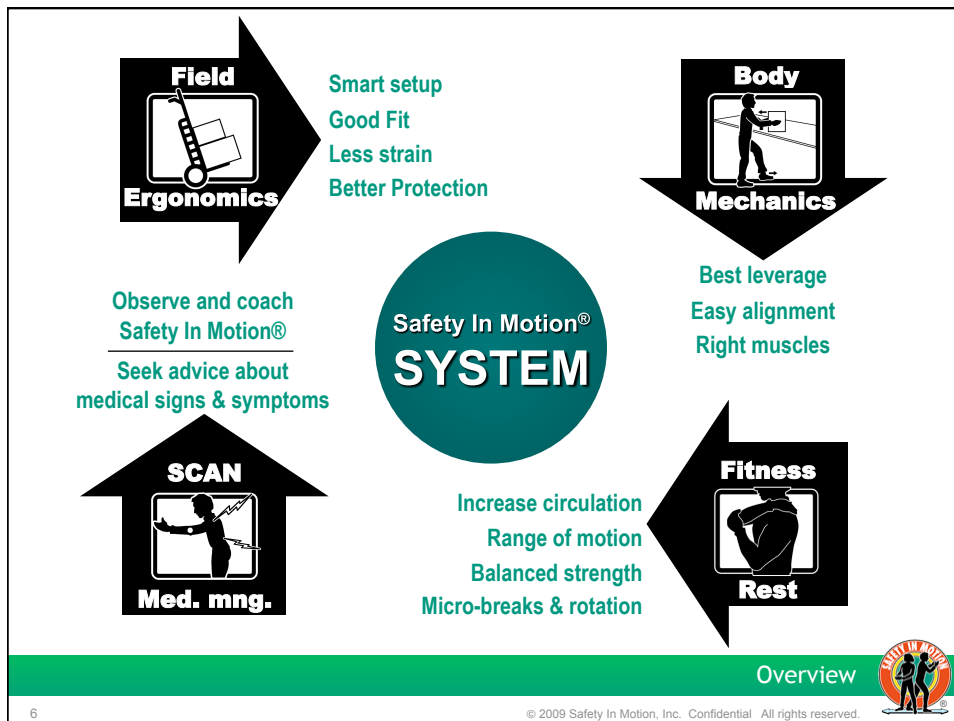


Overview



5

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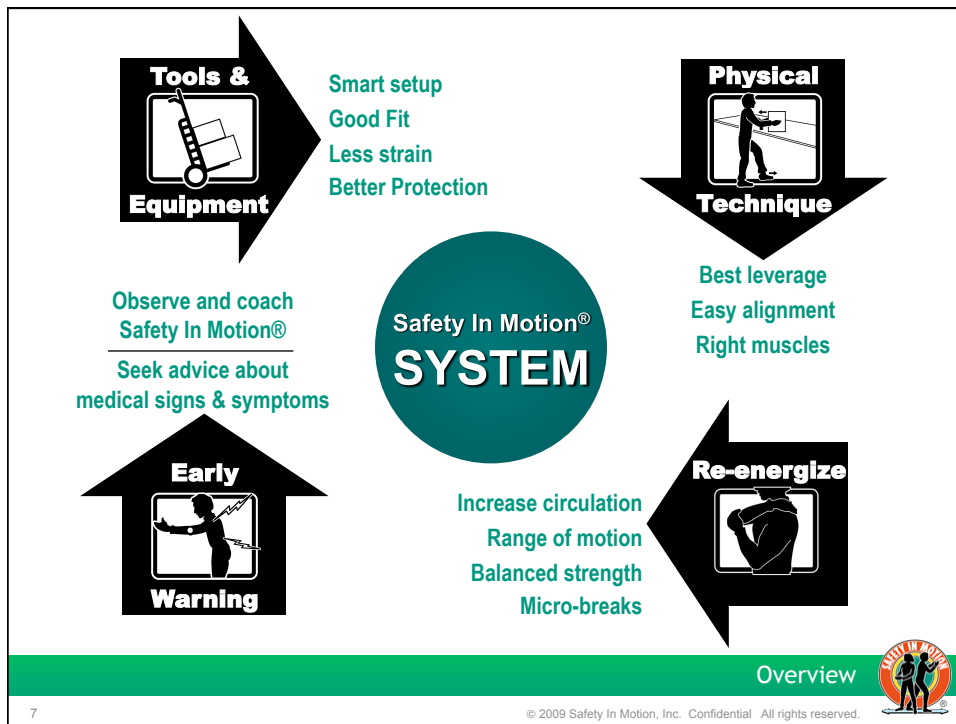


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6

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Action

- SIM System
- Implementation strategy – e.g.
 1. Start with leaders, then experienced employees, then new employees
 2. Executive, facilitator and thought leaders on the implementation team
 3. SCAN – See, Control, Abate, Notify
 4. Observation, feedback, coaching
 5. Publish and celebrate achievements
- Tools – e.g.
 1. Action option checklist (based on SIM System)
 2. Zone review of vehicles and storage
 3. SIM4™ Website



SIM4™ website:

1. Web-based library of Safety In Motion® task-specific applications & content
 - Applications are reviewed & vetted / private or shared
 - Content is searchable by work environment, task, SIM technique, key words
 - Online tools compose, tag and manage your Stressed-Better™ photos and presentations
 - Presentations can be downloaded (not web dependent)
2. Knowledge Refresher and Assessment
3. Reports to manage and document key aspects of implementation

Website

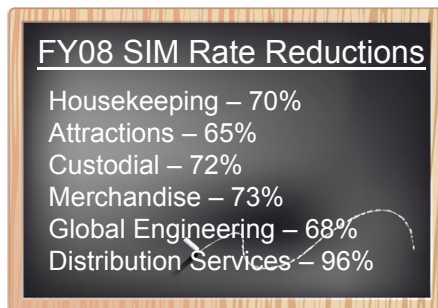
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9

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Results



- Simple, powerful concepts
- Applicable at home and on the job
- Delivered in a way that makes it clear we are interested in taking care of people and not just reducing costs

Comments by
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Overview



10

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Where is SIM4™ going

2009 - Office Plus – view, reach, sit

2010 - SIM Observer – Supervision or peer-to-peer
- From library search to “profile and serve”

ASAP - Mobile device content

ASAWFADP - Wii style transponder-based training

Overview

