





-  **C.O.R. Ergonomic Solutions, LLC can assist your company through our evaluations, workshops, seminars, equipment recommendations, training and the implementation of an ergonomics program that promotes a healthy and productive workplace, while maintaining compliance with OSHA recommendations and standards.**
-  **C.O.R. Ergonomic Solutions is an investment that can save your company money and individuals their careers, by preventing musculoskeletal injuries.**
-  **C.O.R. Ergonomic Solutions will travel nationwide to your office or worksite. We will work directly with employers to customize our services to meet your needs and budget.**
-  **C.O.R. Ergonomic Solutions is a great choice regardless of company size and budget. In the world of physical labor, an accident or injury can be costly. CORE can help minimize those costly injuries through our educational services and early prevention strategies. Let C.O.R. Ergonomic Solutions keep your employees healthy and happy, so your organization's business goals can be achieved.**

## PROGRAMS AND SERVICES

### PRE-EMPLOYMENT/EMPLOYEE PHYSICAL ASSESSMENTS

Objective: To assess and educate the individual on their susceptibility to musculoskeletal injuries.  
Targeting recreational and industrial athletes working in high angle environments.

It is important that those working in the vertical realm are in top physical condition. Dr. Carpenter will perform an assessment to evaluate major joint regions that are susceptible to injury. She will then instruct individuals on quick and easy modifications to immediately minimize risk of injury related to musculoskeletal disorders (MSDs). Physical Assessments can be combined with any program offered by CORE, and can accommodate any number of individuals. Quick screens (15 minutes per individual) can be done to accommodate larger groups and educational solutions will be delivered in a group setting. Physical assessments are great for employees as well as recreational and competitive climbers wanting to prevent injury, maintain muscle balance, and appropriately train for their body type. This service is easily worked into any of our other services or workshops.

### CUSTOMIZED HEALTH AND WELLNES PROGRAMS

Objective: Development of a customized workout/wellness program for the individual or employee group.

It is evident that workers perform better when they are healthy. This is why C.O.R. Ergonomic Solutions offers customized training and wellness programs. A complete wellness program will address exercise, strength, flexibility, sleep, hydration and proper nutrition. Dr. Amanda Carpenter, a Physical Therapist and Professional Trainer will design the program. The program will be developed according to the injury susceptibilities of the individuals involved, the availability of a workout facility or equipment, and the amount of time available to dedicate to exercise and wellness. A customized wellness program can be developed and implemented without the need to purchase costly exercise equipment or gym memberships. Dr. Carpenter will develop a program that can be performed by workers in the workshop or field prior to or at the completion of the workday. Written and electronic materials will be provided. Individual customized wellness programs are also appropriate for the competitive climber looking to prevent injury and take their skills and health to the next level.

### **WORKSHOP FOR MANAGERS AND OWNERS**

Objective: To educate managers, supervisors, and safety personnel on how best to deal with prevention and management of employees' musculoskeletal disorders.

Managers are on the front line when it comes to connecting to the workforce. It is important for them to know how to handle workers with ache and pains, to minimize lost work time. According to a study released by Liberty Mutual, sending managers and supervisors to training can reduce disability claims by 50%. Workshops for Management are one to two-day seminars targeting those in supervisory roles. Management will be educated on how best to deal with employees' complaints regarding MSDs. Education will be provided on prevention strategies and CORE will work directly with managers to address their specific concerns. Instruction will be provided on how to respond to employees work related health and safety concerns in order to reduce future injury claims and disability costs. Our 2-day seminar provides guidance on how to establish a comprehensive ergonomics program.

### **WORKSHOP FOR EMPLOYEES**

Objective: To educate the individual employee on the identification, management and prevention of work related musculoskeletal disorders (MSDs).

A single musculoskeletal injury could cost you your career or prevent you from maximizing your earning potential. According to the 2006 Long Term Disability Claims Review ([http://www.disabilitycanhappen.org/media/CDA\\_LTD\\_Claims\\_Survey\\_2006.pdf](http://www.disabilitycanhappen.org/media/CDA_LTD_Claims_Survey_2006.pdf)), musculoskeletal disorders accounted for 28.4% of all new claims. For an employer, a work related musculoskeletal injury means a loss of productivity, decreased employee moral, increased Workers' Compensation costs, production delays, administrative and legal fees, and overtime/replacement costs. Workshops for employees are 1-day seminar targeting those individuals on the front lines performing tasks that can lead to work related MSDs. CORE will educate individuals on how to listen to the body to identify signs and symptoms of MSDs, when to report MSDs, and how to manage current and future symptoms.

### **ERGONOMIC CONSULTING AND JOB TRAINING**

C.O.R. Ergonomic Solutions will travel to your worksite to identify likely causes of MSDs in your workplace. We will work with employers and employees on needed modifications for proper ergonomics. More importantly we will work with the employees to educate them how to manage their current MSD symptoms and the prevention of future problems by maintaining wellness on and off the job. After completion of an onsite survey and training CORE is available for remote consultation for 1 year following the onsite visit. If necessary, CORE can assist managers in establishing a comprehensive ergonomics program with monitoring, tracking, screening and OSHA compliance and reporting.

### **PRICING**

CORE will work with your company to customize our services within your specific needs and budget. Our services can be combined in anyway. The cost of our services is determined by the programs requested, location, group size, and staff availability. Contact CORE for pricing. CORE services are a great investment from which your company will see the financial benefits for years to come.