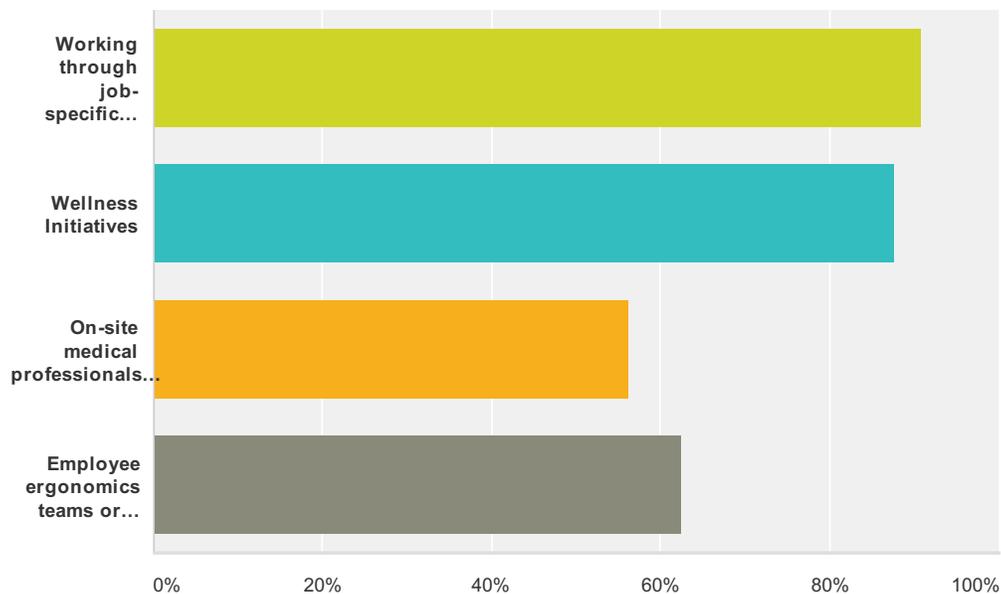


Strain Prevention Programs

Q1 What programs and processes are you currently using to better anticipate and control strains in the workforce, especially with an aging workforce? Please choose all that apply.

Answered: 32 Skipped: 0



Answer Choices	Responses
Working through job-specific assessments	90.63% 29
Wellness Initiatives	87.50% 28
On-site medical professionals to consult with employees	56.25% 18
Employee ergonomics teams or other employee engagement tools	62.50% 20
Total Respondents: 32	

#	Other (please specify)	Date
1	Site by site initiatives, we currently do not have a corporate focus on ergo.	8/11/2013 1:56 PM
2	Early pain reporting	8/6/2013 5:29 PM
3	We have physical therapists and chiropractors come in once a year for a monthly safety meeting with all employees.	8/6/2013 12:30 PM
4	Pre-shift stretching program	8/6/2013 11:04 AM
5	Task specific ergonomic analysis	8/6/2013 10:40 AM
6	Employee Education, Stretch & Flex Program	8/6/2013 10:15 AM

Strain Prevention Programs

Q2 Do you have any additional ideas as to how to handle this issue?

Answered: 16 Skipped: 16

#	Responses	Date
1	Many of our sites have a PT, chiropractor, massage therapist or similar who comes to the site once a week or month. Employees sign up for who they want to see, for non work-related as well as work-related soft tissue issues. No "treatment" is given for work-related issues without first bringing the site in the loop and discussions on whether other "non-recordable" options would work in the situation. This program is really well received by employees. Even during the recession no sites cut this program due to the value it gives.	8/7/2013 1:12 PM
2	Train a team or consult with outside services; evaluate jobs and create job description with physical requirements; identify high risk activities and prioritize; design workstation to minimize risk; consider job rotation; utilize pre-employment exams; train on expectations; audit and follow-up on modifications.	8/7/2013 9:44 AM
3	Ask workers for their suggestions.	8/7/2013 7:48 AM
4	Implementation of a MoveSmart model, that includes professional assessment with assigned program to resolve physical issues, followed by reassessment and coaching if required.	8/6/2013 5:01 PM
5	Communication is difficult for a business with many offsite locations. We have trained employees in locations to fill the gaps	8/6/2013 2:19 PM
6	We try to build work stations and/or modify them for employees to make sure they are not being asked to use their body outside of the their power position. We also have many lifting aids for certain groups so they aren't gut busting lifts. We also provide back supports for vehicle operation along with other ergonomic items like gloves, wrist and elbow supports. We also stress several times a year in the safety meetings that early intervention is the key to preventing a minor ache and pain into a major one. Several areas of the mill also stretch daily.	8/6/2013 12:30 PM
7	Education, reinforcement, and Accountability.	8/6/2013 11:04 AM
8	Functional capacity testing	8/6/2013 10:54 AM
9	Periodic workplace visits and training conducted by acknowledged ergonomic experts	8/6/2013 10:40 AM
10	We have a PT onsite multiple days of the week. She is also doing some instruction on "preventing the pain". Demonstrating exercise and how to use our fitness center in a way to help prevent strains especially those preexisting.	8/6/2013 10:39 AM
11	Biomechanics training on how to lift, push, pull, etc. in a manner that is less likely to result in strains/sprain/overexertion injury.	8/6/2013 10:36 AM
12	Always have conversations before beginning work	8/6/2013 10:26 AM
13	Focusing on Wellness Education of the individual is the key (i.e. stretch, overall health)	8/6/2013 10:19 AM
14	Employee engagement is the key.	8/6/2013 10:16 AM
15	Weight control efforts	8/6/2013 10:14 AM
16	Pre-job hazard analysis, SOPs developed for each task, one-on-one discussions with employees seeking feedback and ideas for improvement.	8/6/2013 10:12 AM