

INTRODUCING FUNCTIONAL ERGONOMICS

DECREASING THE NUMBER OF WORKERS' COMPENSATION CLAIMS

Educating workers on proper lifting, postural and stabilization techniques, as well as integrating a daily stretching program is essential for minimizing the likelihood of injury, disability, or permanent damage. Irwin's is able to **decrease** the number of injury claims and their associated costs by studying your employees' efficiency in the working environment and implementing safe working practices to reduce the number of injuries associated with poor performance.



PROGRAMS WE OFFER

Health Assessment

Meetings with individuals to gauge fitness ability and overall medical health

Facility Assessment

Workplace assessments will analyze the facility, equipment and human factors associated with specific job roles

Ergonomic Training

Training of employees on how to efficiently move through the tasks carried out within their roles, position their bodies and prevent injury.

Stretching Program

Stretching programs to relieve bodily stress, chronic pain and injury, decrease the likelihood of injury and rejuvenate the mind & body.

Strengthening Program

Strengthening program is designed to strengthen the body in areas critical to role needs, preventing fatigue, decreasing chronic pain & injury, strengthening the body, and preventing injury



OUR INSTRUCTOR - KELSEY WALKER

Originally from the East coast of Canada; Bridgetown, Nova Scotia Kelsey slowly made her way across our amazing country to settle in beautiful Kelowna, British Columbia. Kelsey has completed an undergraduate degree in Human Kinetics at St. Francis Xavier University and then obtained an Advanced Athletic Therapy Certification at Mount Royal University. Now Kelsey is a Certified Athletic Therapist. Her life-long love for sports dovetailed with the struggle to rehabilitate her own injuries in high school planted the seed to pursue a career in Athletic Therapy. Her ultimate goal is to return **you** to your active lifestyle.



WHY CHOOSE US?

Injuries are the leading killer of British Columbians for the ages up to 44. More than 400,000 residents of BC are injured each year yet 90% of injuries are both predictable and preventable.

Irwin's is able to save you up to \$90,000 in compensation claims by properly educating your staff on Functional Ergonomics

Injury impact
per worker =
\$1,000

This includes the value of goods or services each worker must produce to offset the cost of work injuries. It does not represent the average cost of a work-related injury.



\$32,000

Cost per medically consulted injury, including estimates of wage losses, medical expenses, administrative expenses and employer costs



Irwin's