

BACK SYNERGY™

Integrates **fitness, safety, and supervisor safety leadership** to keep all your workers healthy and productive.



DAILY FLEXIBILITY and STRENGTH. Lack of flexibility and strength is the leading cause of Cumulative Trauma Disorders. Just minutes of flexibility and strength training each day can

increase productivity, promote teamwork, and reduce risk factors for all types of injuries. This multi-phased program keeps employees involved for long term success.



LEADERSHIP TRAINING. High performance safety teams are led by high performance supervisors.

Four half-day leadership workshops deliver powerful tools supervisors can use on the job—all day, every day—and an objective audit system to ensure accountability for safety performance.

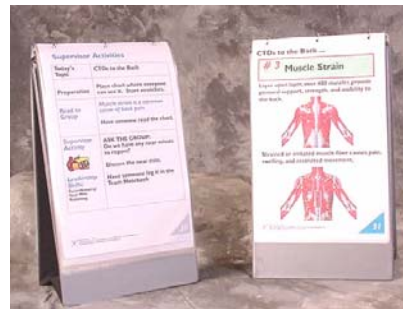
SAFETY LEADERSHIP SKILLS:

- Supervisor as trainer
- Scorekeeping for high performance
- Giving positive recognition
- Team building
- Setting tolerance levels
- Giving constructive feedback
- Obtaining suggestions
- Setting goals

WORLD-CLASS SAFETY SYSTEMS:

- Daily flexibility and strength
- Reporting near misses
- Reporting unsafe acts
- Reporting unsafe conditions
- Obtaining suggestions for continuous improvement
- Tracking safety improvements
- Root cause analysis
- Job safety analysis

DAILY SAFETY TRAINING. Back Synergy's innovative FlipBook Training System™ contains 240 "one-minute" safety meetings and 240 leadership scripts that take fitness, health, safety, ergonomics, and biomechanics training out of the classroom and into the daily safety routine.



This easy-to-use FlipBook Training System prompts supervisors to use their Leadership Skills and implement the safety systems, step-by-step.

The FlipBooks are 12 x 21-in. tall and sturdy enough to be used in a tailgate, shop, or office environment. Content is coordinated with the leadership Training workshops and includes quizzes and answer keys to complete the training package.

Back Synergy Links your health and safety programs together for immediate benefits:

- Reduce incidence and severity of injuries and illness.
- Gives employees ownership of health and safety systems.
- Improve safety communication and recognition.
- Fit, healthy workers of any age are more productive, take less time off, and recover faster from injury.
- Get better safety performance through stronger safety leadership.
- Team approach motivates individuals to achieve more.
- Increase safety and health awareness.
- Provides performance measurement tools.
- Meets major requirements of OSHA compliance.

For more information about Back Synergy, contact:

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Team Safety, Inc.
Safety programs that work.