

BACK FAIR SAFETY FAIR

What Causes BACK INJURY?

Learn how to prevent Back Pain—now and for the future!

Win Prizes

Are YOU at risk?

How can YOU reduce your risks?

80% of Americans will have serious back pain at some time in their lives!

More than 300,000 back surgeries are performed every year!

PRESENTED BY
Team Safety, Inc.

Leaders in integrating fitness into daily worksite safety routines.

1503 San Gabriel St.
Ojai, CA 93023

 Team Safety, Inc.
Safety programs that work.
©2003

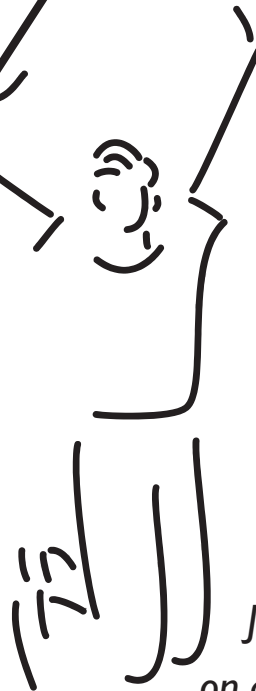
Back injuries and other soft tissue injuries are still the most common and painful worksite injuries. Are you at risk? Learn what you can do to prevent your own injury—at work and at home—and to keep yourself healthy and pain free.

***Back Safety Training:** Unique, classroom presentation about the causes and risk factors for back and other soft tissue injury. Learn what you can do to eliminate pain and injury.*

***Personal Flexibility Testing:** Find out how you measure up! Take three standard flexibility tests; get a computer report of your personal risk factors and strategies for improvement.*

***Hands-on demos** to learn and practice proper lifting techniques. Learn proper biomechanics for common tasks—at work and at home. Learn to recognize and correct poor postures to prevent pain and injury.*

Join us for action-packed training, hands-on demos, and great FUN!





NOW a unique SAFETY FAIR focuses on the injuries that hurt you most: BACKS—and most painfully—THE BOTTOM LINE!

Everyone's had back safety training, right? Yet, back injuries are still the most common and costly of workplace injuries. Along with other musculoskeletal injuries and cumulative trauma, back injuries make up more than half of all workers comp claims. What's going wrong? The Surgeon General says half the population is overweight and out of shape, but no one seems to believe it on a personal level. Lack of flexibility and strength are major contributing factors to musculoskeletal injury.

Team Safety, Inc. announces a dynamic, new event designed to change back safety behavior. Team Safety's BACK SAFETY FAIR combines classroom presentation, hands-on demonstrations, and a personal flexibility assessment with a computer report for each participant. You won't catch anyone snoozing behind a food booth at this safety fair!

Employees will learn:

- The causes of Musculoskeletal Injuries
- Real life worksite examples
- Risk factors for back injury
- Relationship between personal fitness and injury
- Their personal risk of back injury from their own flexibility test
- Proper lifting techniques with hands-on practice

How it works:

Employees move through three events in groups of 12 to 25.

- **Event 1 – Back Safety Presentation.** Dynamic presentation with audience participation and prizes. This one-hour event repeats back-to-back until all employees have attended. (1 hr)
- **Event 2 - Flex Test.** After the Back Safety Presentation, each group of employees begins Flexibility Testing. They are evaluated for three flexibility measures. Each employee receives a personal, computerized flexibility report that compares their scores to population norms with respect to risk of injury. Individuals with low risk scores will receive a "Team Flex" hat. (1 hr)
- **Event 3 – Proper Lifting Workshop.** Employees learn the significance of their personal test scores and the relationship between flexibility and the ability to lift properly to prevent injury. Employees participate and receive one-on-one coaching to practice proper lifting in different scenarios. This one-hour event repeats back-to-back until all employees have attended. (1 hr)

What it costs:

A half-day event for up to 25 employees is \$1500. (Over 25 employees, \$50/ea.)

Includes the following:

- Up to 10 ea. 11 X 17 posters announcing date and time.
- Event Guide – What to do when
- Three 1-hour Back Training Classes, back-to-back
- Flexibility testing for all participants
- Three one-hour Proper Lifting Workshop with hands on training, back-to back
- Prize package ("Team Flex" hats)
- All presentation materials and equipment
- Computer flexibility test reports for all participants
- Detailed management summary report includes percent of employees with pre-existing conditions and at risk for musculoskeletal injuries.

You supply the people and the facility, we supply the equipment, the presenters, and the FUN!

**Team Safety, Inc. at
805.646.3050**

**Plus travel and expenses, where applicable.
Large groups by individual quote.*

Email: info@teamsafetyinc.com