Take injury prevention and safety to a whole new level.

WHAT IS OCCUPATIONAL ATHLETE COACHING?

Occupational Athlete Coaching (OAC) is our powerful complement to employer safety strategies designed to reinforce, enhance and boost employer efforts to prevent workplace injuries. OAC works through our unique, innovative application of evidenced-based coaching methodology to injury prevention. It is implemented by the professional, highly trained coaches we embed onsite, right in our customers’ workplaces, to be our injury prevention “boots on the ground,” coaching employees...one-on-one and face to face. All of our coaches are trained on our proprietary CoachWell system, and have undergraduate or advanced degrees in a physiology-related specialty.

We provide coaching on the fundamentals of body mechanics, health and fitness, based on the well established connection that fit, healthy, workers are safer workers, and are more ready to perform work. Our coaches will work with employees on a wide variety of interconnected topics, such as:

- Weight management
- Tobacco cessation
- Exercise and conditioning
- Postural alignment
- Anatomy and biomechanics
- Common injury self-management
- Stress management
- Nutrition
- Strength and flexibility
OAC LOGISTICS

Our coaches capitalize upon their presence onsite to personally, regularly, and systematically reach out to, interact with, engage, and provide injury prevention coaching to virtually all employees. These frequent and ongoing interactions establish our coaches as trusted advisors, advocates, and catalysts for safe work and healthy lives.

Generally, across our book of business, we engage 80% to 90% of all eligible employees in the populations we serve with 8 to 12 distinct, personal coaching interactions for each employee engaged. These interactions are conducted in appropriate designated areas during our coaches’ rotating rounds throughout all work areas to which they have been assigned.

COACHING ELEMENTS

Individual coaching regimes are customized to meet each employee’s unique needs, and include a comprehensive range of injury prevention coaching elements. These elements are integrated to reflect the interdependence between the safety and health factors which impact injury-free work performance, and include the following:

- Injury Prevention Education
- Health, Fitness and Conditioning
- Mindfulness and Worker Readiness
- Safe Work Performance
- Early Intervention
- Return to Work Support

COACHING ON MINDFULNESS

Mindfulness coaching is a critical injury prevention strategy. Our coaches use mindfulness coaching techniques to reinforce worker readiness, help employees maintain focus during work and use correct body mechanics.

Our mindfulness coaching covers three facets:

- Everyday Mindfulness: practice mindfulness on a daily basis to promote wellness and injury prevention
- Body Mindfulness: be attentive to how the body feels while performing routine tasks
- Work Readiness Mindfulness: focus on injury prevention activities and proper body mechanics

INTEGRATION

In addition, our coaches are trained to understand and integrate our customers’ injury prevention strategies with their personal coaching regimes, and to continuously promote and reinforce employee adherence to safety policies, rules and procedures. Finally, our coaches provide an array of supplemental onsite educational and promotional programs, activities and events to support injury prevention efforts, and, while onsite, are always on the lookout for unsafe work behaviors and conditions, and ergonomic hazards.