

Take injury prevention and safety to a whole new level.



OCC. ATHLETE COACHING
Improving Worker Readiness One Athlete at a Time

from
**Wellness
Coaches USA**

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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:** to 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.

OUR CUSTOMERS AND OUR OUTCOMES

We deliver and provide OAC to a broad variety of employer sizes and business and industrial classifications, in 30+ states plus Puerto Rico. Employers served include Fortune 500 companies in the construction, chemical, financial services, hospitality, pharmaceutical and transportation sectors, as well as hospitals, municipalities and everything in between. Many of our customers also have comprehensive best-practice safety and injury prevention strategies already in place. However, as they are continuously seeking new resources to improve injury prevention results, they view OAC as a unique, innovative complement to their existing strategies...*consistently helping them achieve substantial incremental improvement in their incidence and cost of workplace injury.*



TRANSPORTATION CO.

Total Workers' Comp Costs dropped 36%;
Lost Time Days dropped 31%.

Total cost savings of \$10,000,000!



PHARMACEUTICAL CO.

Reported strains and sprains decreased 63%.

Total cost savings of \$1,600,000!



CHEMICAL COMPANY

Experienced a decrease in MSD injuries of 63%.

Total cost savings of \$2,300,000!



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