

Are your health insurance costs always going up?

Are you spending too much time on workers compensation?

Are your employees always complaining?

Is your absenteeism too high?

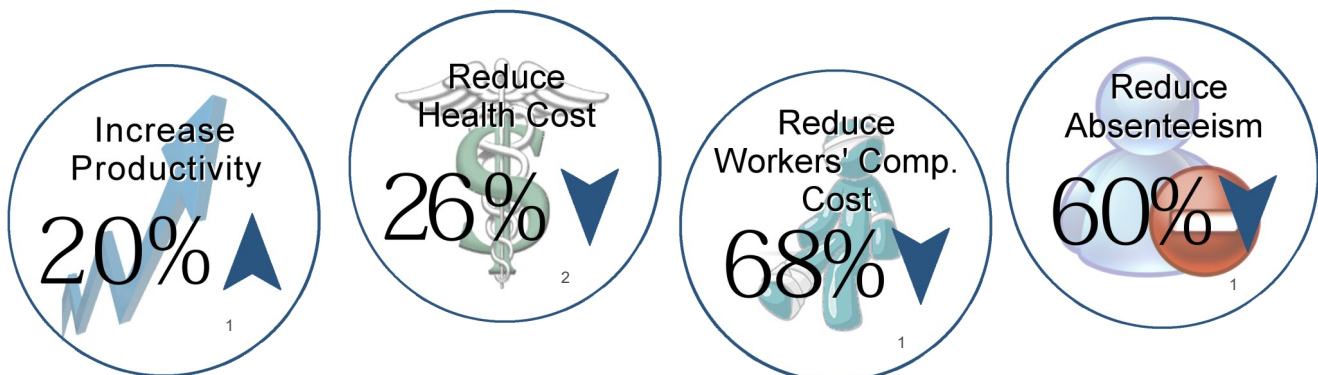
Here are some surprising statistics from OSHA:

- Musculoskeletal disorders account for **34 percent** of all lost-workday injuries and illnesses.
- Employers report nearly **600,000** muscle skeletal disorders requiring time away from work every year.
- Musculoskeletal disorders account for **\$1 of every \$3 spent** for workers' compensation.
- Musculoskeletal disorders each year account for more than **\$15 billion to \$20 billion** in workers' compensation costs. Total direct costs add up to as much as **\$50 billion annually**.

Our bodies are not built to sit in a chair for eight hours a day or to perform the same movement over and over again. Everyone is tirelessly running themselves into the ground and your company is paying the price.

The Solution

We help companies reduce employee musculoskeletal disorders by providing posture correction and injury prevention solutions through **evaluation, education and facilitation**. We **identify the problem, provide corrective solutions, and raise awareness**.



C.H.A.M.P.'s programs are fully customizable and highly effective. We tailor each program to meet the needs of your organization. Before we design any program we develop a corporate stress reduction proposal specific to your needs. We also provide data driven programs to show effectiveness of each program, which can be used for your company's reports.

Virtual online assessments and presentations are available for office or at home needs.

We are here to help you provide a healthier and more productive work environment.

1. Washington State Ergonomic Cost Benefit Analysis Summary of 250 case study 2012. www.pshfes.org/cost-calculator
 2. Chapman LS. Meta-evaluation of worksite health promotion economic return studies. The Art of Health Promotion. 2003; 6(6):1-16



Workstation for the changing world

Workplace environments are ever changing. Our programs are designed with the employees and their task in mind. Goals, workstation hardware, education and overall body posture work in unison in a meaningful environment. By incorporating these elements you achieve a safe and healthier workplace to promote efficiency and growth.

Making Your Work Station More Comfortable & Productive

Ergonomic Evaluation

Improper workstation setup can and will lead to musculoskeletal disorders. Without an ergonomically correct setup your employees are susceptible to **decreased health, work performance and lost productivity**. This leads to increased absenteeism, medical expenses and workers compensation costs.

Aches and pains caused by musculoskeletal disorders are usually the result of physical stress on the body, **and can be avoided**.

Proper Ergonomics Results In:

Increase

- Health
- Productivity
- Work performance



Decrease

- Medical Expenses
- Absenteeism
- Worker Compensation Cost

With our ergonomic program, we provide one-on-one evaluation that will address your employees individual needs. We specialize in recognizing problem areas, suggesting **small changes that have big effects**, motivating employees and emphasizing the need to work safely and healthily. Each workstation evaluation comes with pre and post ergonomic percentage to identify improvement.

Group workshops may also be provided in conjunction with the one-on-one evaluation to provide additional information on how to identify common signs/symptoms/risk factors and preventative strategies to prevent future issues.

At the end of the day, it costs less to have a healthy, efficient and productive employee than a sluggish or ill employee.

Are you a world class performer?

Have you ever compared yourself to a world class athlete? Are you astonished by the feats they are able to achieve?

You may not become a world class athlete on the field but **you can become a world class performer in your office.**

Increasing your flexibility can lead to decreased tension on your muscle and increased endurance for the long haul.



Increase flexibility and endurance

Musculoskeletal Programs

Our musculoskeletal programs include stretching, strengthening, and chiropractic services. Programs can be performed in a group setting or done one-on-one. Easy to use stretching handouts with specific written instruction for future reference will promote increase retention. Overall our programs are useful to help maintain ease of movement and increase endurance within any working environment.

An Individual Personal Body Assessment is used within the one to one program to measure range of motion progress.

Workshops

Education is the forefront of our programs. Our workshops are fun and easy to follow while fostering awareness and retention. The purpose for our health workshops are as follows:

- **Identify signs and symptoms of physical stress**
- **Identify body regions most susceptible to injuries.**
- **Understanding common risk factors.**
- **How to avoid occupational hazards.**
- **The most effective stretches and exercise.**
- **Identify proper equipment and use for the job.**

Each employee will walk away with a new found strategy to effectively combat their most common occupational hazards allowing them to be fully focused and productive in their job.



On Site Massage

What is more inviting than a massage? Let your employees know you appreciate them while improving their health through massage therapy.

Corporate Massage Clinics

Corporate Massage Clinics

Massage is another great service which we offer to alleviate stress and tension in the workplace. Our trained professionals are experienced in the work environment and know exactly how to perform high quality massage to relax your employees from everyday stressors. Corporate Massage Clinics are performed at health fairs, employee appreciation days, or corporate events. Massages on average are scheduled for 15 minute blocks but can be altered to the company's needs. Looking for a onetime event or a recurring schedule? We can help with that.

Help your employees feel energized, rejuvenated, valued and relaxed so they can be more productive in the workplace.

Creating a **FREE, NO-OBLIGATION** Corporate Proposal

We want to hear from you! Let's figure out the needs of your company and the best way we can assist you. We will create a **FREE, NO-OBLIGATION** proposal which will outline the programs that we would recommend based on the needs of your company.

Let's face it, work stress is like getting your taxes done... everybody experiences it, but dealing with it is not necessarily a walk in the park. We can help you and your staff manage and reduce work stress from the pressures of daily life, while helping you start building a more productive and confident future!

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