

Injury Prevention Strategies That Work

Injuries in the workplace not only result in physical and emotional pain for employees, they also account for 70% of days lost from work due to a medical condition. Plus, injuries cost companies an estimated \$215 billion dollars annually!

Fortunately, when you have the information and resources to implement prevention systems many of these painful and costly injuries can be eliminated.

This dynamic course will dive into key injury risk factors and how you can utilize proven prevention strategies to significantly reduce injuries and keep employees injury-free and on the job.

This course will teach you:

- + Proactive strategies to use with your employees
- + How to monitor and reduce risk factors
- + How to communicate risk reduction techniques to your employees
- + The importance of understanding how work pace and workload affect injury probability
- + Participants will also be able to share injury prevention ideas that have worked for them and learn from others in the class
- + Take home resources will include daily warm-up programs, workload management chart and exercises to evaluate movement ability.

CLASS DATES:

Friday, June 7, 2019 - 8:30 a.m. - 4:00 p.m.
3739 National Drive, Cumberland Building, Suite 125
Raleigh, NC 27612

Friday, July 26, 2019 - 8:30 a.m. - 4:00 p.m.
2709 Water Ridge Parkway, Suite 120
Charlotte, NC 28217

\$145 Member \$175 Non-Member

PRESENTER:

Dr. Ali Hartman, PT, DPT, Cert-AP HPT
Pro-Activity Associates, LLC

Dr. Ali Hartman is a musculoskeletal expert well versed in the prevention and treatment of the costly conditions plaguing our working populations. She is a Physical Therapist and Corporate Prevention and Health Promotion Consultant with Pro-Activity Associates, LLC. Ali is a firm believer that the answer to the workplace's and nation's chronic pain problem is for professionals to learn more about workers and how the workplace affects their health and behavior on and off the job.



QUESTIONS? CALL
(919) 719-9814 in Raleigh or
(704) 644-4221 in Charlotte

**Earn
7
MESH
Hours**



REGISTRATION FORM

Injury Prevention Strategies That Work 8:30 a.m. - 4:00 p.m.



- Friday, June 7, 2019 in Raleigh (919) 719-9814
- Friday, July 26, 2019 in Charlotte (704) 644-4221

\$145 Member \$175 Non-Member

**E-mail Registration to susanm@safetync.org in Raleigh
or jilll@safetync.org in Charlotte**

Company: _____

Address _____

City _____ State _____ Zip _____

Name _____

Title _____

Telephone _____ E-mail _____

Name _____

Title _____

Telephone _____ E-mail _____

Name _____

Title _____

Telephone _____ E-mail _____

PAYMENT TOTAL: _____

VISA/MC/AMEX/DISCOVER# _____

Expiration Date _____ Verification Code _____

Cardholder Name _____

INVOICE - PO # _____ (Approved credit only - if no PO is required enter authorizing person's name)

Mail Check to: 3739 National Drive, Suite 125, Raleigh, NC 27612
 2709 Water Ridge Parkway, Suite 120, Charlotte, NC 28217