



From an Employer ...

"After two and a half years of bringing Industress into our Plant, we celebrated 1 million hours of working lost time accident free and no RSI claims for the last two years. We feel that Industress has contributed directly to these successes."

From an Employee ...

"Even my daughter joined in the exercises, and she's lost weight. I can't believe the changes in my life since I started doing these exercises. Thank you!"



INDUSTRESS
KEEPING YOUR WORKPLACE MOVING

Contact us today for a free consultation.

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INDUSTRESS
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www.industress.com

BENEFITS

Industress' comprehensive injury prevention and post rehabilitation programs will provide your company with several beneficial outcomes.

Reduced WSIB claims

Minimized absenteeism and lost time

Employee attraction and retention

Lower replacement wages

Happy, healthy and productive employees

Since 1989, Industress has been keeping workplaces moving. Through a wide variety of injury prevention, post rehabilitation and stress reduction programs for individuals and groups, Industress helps companies reduce health and safety claims and retain happy and healthy employees. The ultimate goal is to teach employees to manage their own health.

The Workplace is the Ideal Venue to Address Health and Well-Being

- 15 million Canadians spend half of their waking hours at work
- The environments in which people live, learn, work and play have a significant impact on their health
- People are an organization's most important resource
- Health Canada reported that in 1997 work-life conflict cost Canadian organizations roughly \$2.7 billion in lost time due to work absenteeism
- It is estimated that in the next 30 years, stress claims by Canadian employees will increase by 50% (Mindsets 1998)

THE INDUSTRIAL ATHLETE

At Industress, we believe that your employees are "industrial athletes": people who keep your workplace moving. In order for your employees to be fit for their jobs, certain care is required to ensure that they are fully prepared for the physical and mental demands of the workplace. Industress' programs include prevention, early intervention and identification, training and conditioning, and progressive treatment.

If employees are the athletes, Industress is the coach. If you are to lead in the corporate world, your team must train and compete with their maximum potential.

Industress has a complete series of on-site programs to fit your specific needs and budget. It all begins with a free needs analysis for your company, from determining what health and safety issues you may have and assessing workers on a production line to dealing with stress in the workplace. A customized program is then developed for your employees.

Industress' Injury Prevention, Pre Post and Post Rehabilitation and Stress Reduction Programs include:

- Stress management
- Back safety
- Neck and shoulder safety
- Tennis elbow prevention
- Carpal tunnel syndrome
- Leg fatigue
- Arthritis
- Safe lifting
- Nutrition/energy
- Shift work strategies
- Safe work strategies
- Core strength strategies
- Corporate fitness
- Pre post and post rehabilitation
- Stretch break programs
- Workshops



Research shows that for every dollar spent on a corporate wellness program, the returns have been cost savings of between \$2.30 and \$10.10 in the areas of decreased absenteeism, fewer sick days, reduced WSIB claims, lowered health and insurance costs, and improvements to employee performance and productivity.