



# *Work Injury Prevention*

Controlling the enormous costs of work injuries requires Work Injury Management and Prevention

Regions Hospital Rehabilitation Institute is dedicated to helping companies like yours minimize costs associated with work-related injuries by reducing injuries, increasing productivity of workers and improving the company's bottom line. Before adding us to your team for injury prevention, most employers need answers to these good questions.

Regions Hospital Rehabilitation Institute-Woodbury provides proven money-saving solutions.

 **Regions Hospital**<sup>®</sup>  
*Rehabilitation Institute*

Woodbury  
8425 Seasons Parkway  
Woodbury, MN 55125

Phone: 651-415-4140  
Fax: 651-739-9197

## Q: How Do You Reduce Costs?

### A: Training

Work stressors associated with common musculoskeletal disorders are identified by observing and recording the 3 key influences – the work station, work tasks and the worker technique. The information from this analysis is the foundation for injury prevention training provided for management and workers focusing on:

**Employees:** the value of avoiding injuries and caring for the working body

**Management:** supervisors are critical for the success of prevention programs and receive similar training as the employees in addition to:

- Workplace culture and its impact
- Creating worker self-responsibility
- Injury prevention awareness
- Return-to-work planning

### A: Testing

An accurate functional job description is an essential tool for new employee hiring and to determine if a newly-hired employee is able to perform the physical demands of a job. The workers are directly observed, allowing objective measurements of job demands contributing to your legal protection through ADA compliance. The result is an easy to understand written job description that guides your decision making.

A pre-work screen is a pre-employment post offer test based on the demands identified in the functional job description. Developing the screen is a team effort with the Rehab Institute consultant, workers and supervisor. The result is a physical test that can be completed at your worksite or at our clinic.



This same pre-work screen can also be delivered when an employee has had an extended leave due to illness or injury to assist decisions regarding work readiness.

## Q: What are your qualifications?

**A:** Our licensed physical therapist has over 25 years of experience treating injured workers and has advanced training and certification in ergonomics, specializing in creating functional job descriptions, pre-work screens and injury prevention training. She also serves as an instructor, training other therapists nationally and internationally to perform these services. For over 18 years she has consulted with employers, including Fortune 500 companies, on effectively reducing injuries.

## Q: Is this worth the investment?

**A:** Yes! According to the National Safety Council, for every dollar a company spends on medical costs, they will also spend 4-8 times that on indirect costs. These services yield a high ROI. For example, API Group, a client of our physical therapist, realized a cost savings of \$4,322,000 over a three year period after investing \$7100 in prevention services.

To learn more please call 651-415-4140 or visit [regionshospital.com/rehabilitation](http://regionshospital.com/rehabilitation).

 **Regions Hospital**<sup>®</sup>  
*Rehabilitation Institute*

Woodbury  
8425 Seasons Parkway  
Woodbury, MN 55125

Phone: 651-415-4140  
Fax: 651-739-9197