



LESS PAIN MORE GAIN

Worklete teaches frontline workers the fundamentals of strong human movement, significantly reducing musculoskeletal injuries so they get home pain-free.



PREVENT INJURIES
WORK STRONGER
FEEL BETTER

96% OF FRONTLINE ASSOCIATES LOVE OR LIKE WORKLETE

Worklete has an 85% user engagement rate. Not only does Worklete enable associates to be more effective at their job, but they can go home each day feeling stronger and enjoy their life outside of work.

HOW IT WORKS

WEEK 1: ONLINE

Every 2 weeks, team members complete a 5-minute online course covering a specific movement technique that will help them stay safe on the job.

WEEK 2: IN-PERSON PRACTICE

Every 2 weeks, team members complete a 5-minute online course covering a specific movement technique that will help them stay safe on the job.

GETTING STARTED

1. Log into Worklete
2. Complete Condensed Basics courses 1 & 2 to catch up to your team*
3. Complete your assigned Industry Specific course**
4. Identify your Worklete Champion for in-person practice

**If your team hasn't completed the Basics, you'll complete each individual Basics course until you're caught up.*

***Not applicable if your team hasn't completed the Basics.*

NEED SUPPORT? WE'RE HERE TO HELP

Online Worklete Guide
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Email
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Phone
844-WRKLETE