



WORKLETE

INTRODUCTION

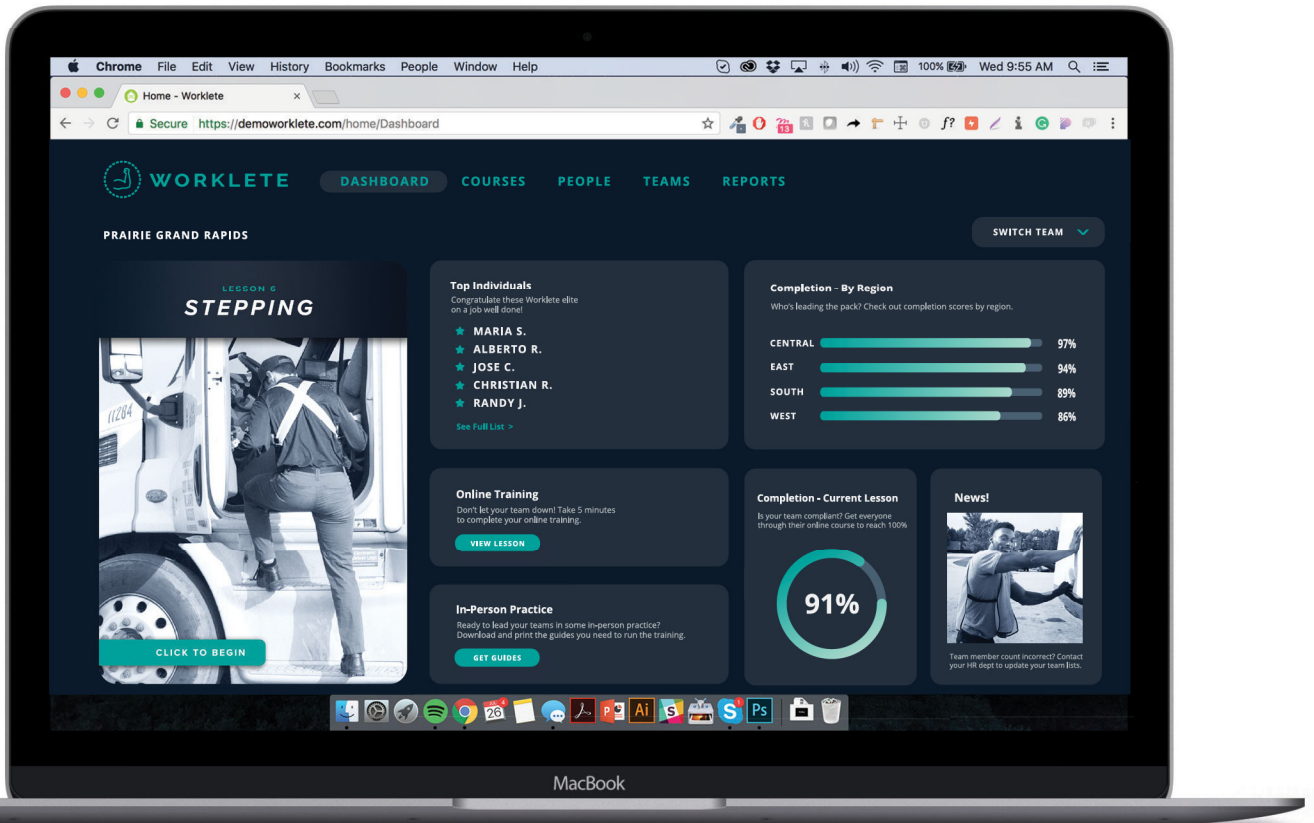
PROGRAM OVERVIEW



INJURY REDUCTION PLATFORM

CREATING HABITS AROUND THE FUNDAMENTALS OF HUMAN MOVEMENT

Everybody has to move, we help them stay pain free



Worklete is a training platform developed using concepts from:



PHYSICAL
THERAPY



ATHLETICS



SPORTS
SCIENCE

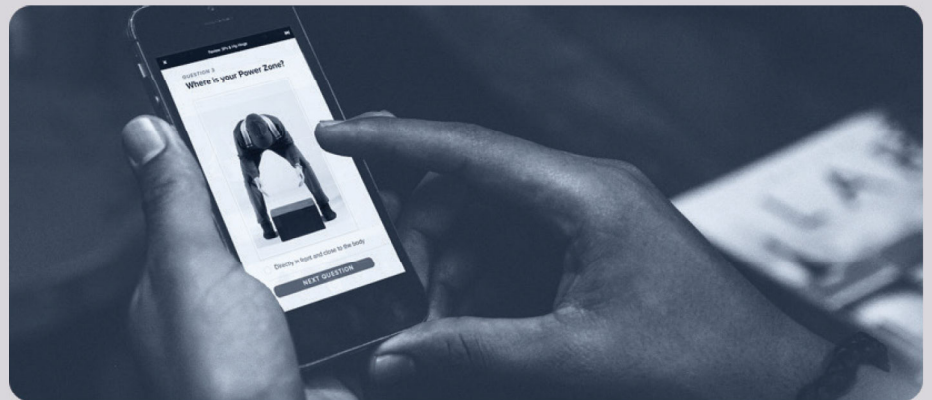
INTERACTION & CONSISTENT TOUCHPOINTS AT ALL LEVELS

Worklete isn't only for front line team members!
Every level interacts with the program in different ways.

TEAM MEMBER



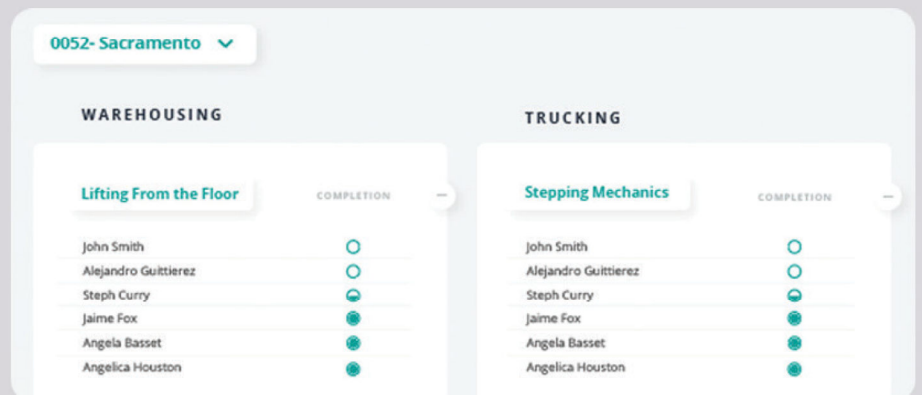
5 minute weekly
interaction with platform



MANAGEMENT



Transparent
reporting in real time



COMPANY-WIDE



KPI-Dashboard
& weekly reports



FRONTLINE EXPERIENCE

The platform creates consistent opportunities for learning and practice to form habits

THEORY

Employees watch a video and view online resources



PRACTICE

Using Worklete provided guides, team members practice the move themselves



COACHING

Peer to peer coaching reinforces and solidifies the skill



WEEK 1 : ONLINE TRAINING



Every other week, team members participate in an online training course. Short, consistent opportunities for learning helps to create habits.



Team members learn the theory behind a movement during the online module. (Users are then prompted by the app for physical practice to create muscle memory in Week 2).

WORKLETE PRODUCT - CONTENT DESIGN

ONBOARDING

Every new team (regardless of industry) participates in 20 weeks of "The Basics" (the fundamental rules of human movement).

New hires learn The Basics immediately in orientation by taking our Onboarding Course.

INDUSTRY-SPECIFIC CONTENT

Industry Specific Content:

Industry-specific modules (ex. "Loading a 4 Wheeler") are opportunities to practice the basics

Automatic Lesson Assignments:

Specific modules are pushed to users based on the tasks they perform

Engagement through Relatability:

These lessons drive user engagement by showing specific tasks and equipment that match the user's job function

The screenshot displays the Worklete web application interface. At the top, there is a browser window with the Worklete logo and navigation icons. Below the browser window, the Worklete logo is prominently displayed. A sidebar on the left contains navigation options: Home, Course Library, Achievements, Live Sessions, Messages, and Collapse Menu. The main content area is titled "Course Library" and features a search bar with the text "Search for a course or learning path". Below the search bar, there is a grid of ten course cards, each with a thumbnail image and a title:

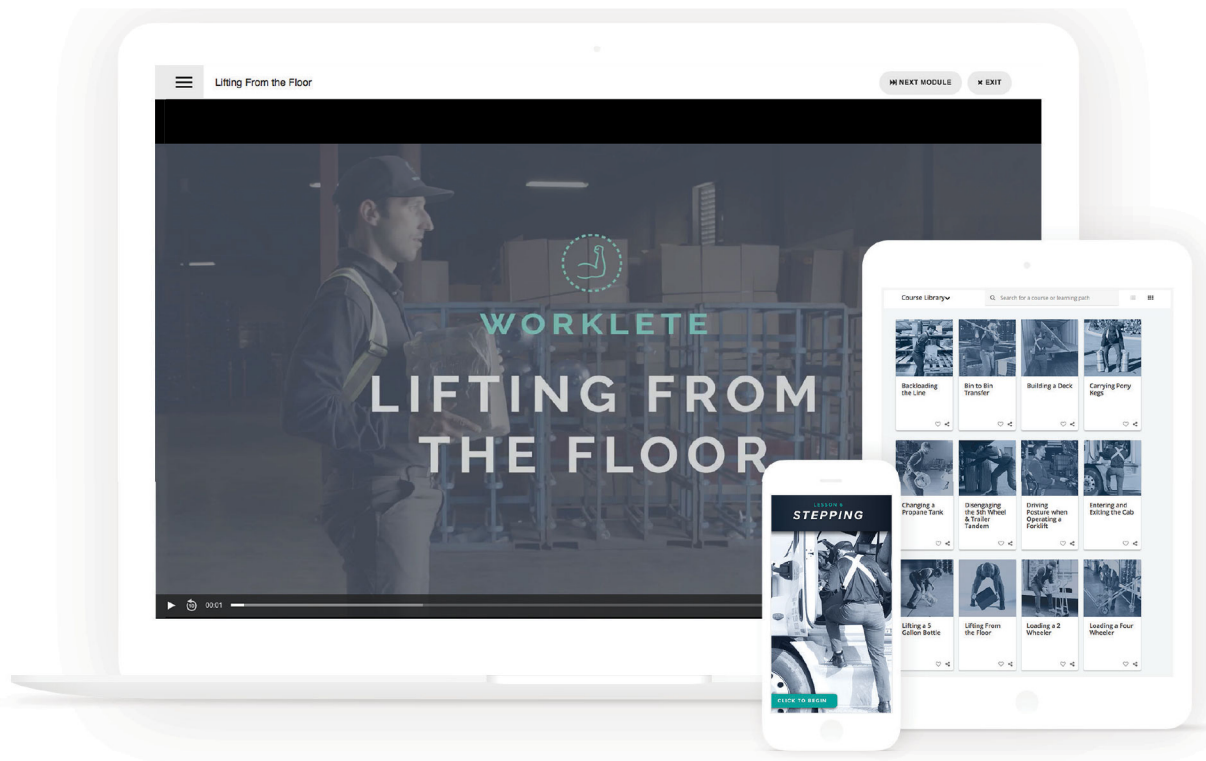
- Backloading the Line DBI
- Bin to Bin Transfer
- Building a Deck
- Carrying Pony Kegs
- Loading a Four Wheeler
- Changing a Propane
- Disengaging the 5th
- Driving Posture when
- Entering and Exiting
- Lifting a 5 Gallon

Content in English, Spanish & French!

WORKLETE PRODUCT - ONLINE TRAINING ACCESSIBILITY



Training takes 5 minutes, every other week, and can be completed on a computer, phone or tablet.



ONLINE PLATFORM

- Available via web on desktop, mobile & tablet
 - Employees access via SSO
- Easy team setup based on HR Software integration
 - Step by step tutorials available for download

WEEK 2 : IN-PERSON PRACTICE



After learning about a movement in the online lesson, team members practice it first hand. Teams identify strong and weak positions together, and pair off for peer to peer coaching.

IN-PERSON PRACTICE



“TRAIN THE TRAINER” MODEL



In-Person practice takes 5-10 minutes, once every other week

CONTINUED SUPPORT & COLLATERAL

Worklete provides large posters and other visual aids to help guide team members in their trainings

ELBOWS IN, SHOULDERS BACK & DOWN
Keep your elbows in with shoulders back and down for optimal stability

TUCK YOUR CHIN
Your neck is part of your spine, keep your chin tucked and your ears in line with your shoulders and hips

ENGAGE YOUR ABS
Use your abs to brace your spine in neutral, minimizing any unwanted flexion or extension

SQUEEZE YOUR BUTT
Engage your glutes to set your lower back to neutral

ROTATE YOUR HIPS OUT
Your hips give stability to your lower back and control your knees; keep knees aligned outside of big toes

**BUTT ROTATE
ABS
CHIN
ELBOWS**

POWER B.R.A.C.E
Organize your body into the strongest, most stable position

WORKLETE

KNEE ALIGNED OUTSIDE BIG TOE

ELBOWS IN, SHOULDERS BACK & DOWN

MAINTAIN NEUTRAL SPINE

COMMON MOVEMENT FAULTS

FOOT & KNEE FAULTS **SPINE, BACK & NECK FAULTS** **ELBOW & SHOULDER FAULTS**

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POWER B.R.A.C.E. - FAULTS WORKLETE

STRONG POSITION: BRACED, USING THE 3-POINT RULE B.R.A.C.E. ensures your spine, hips, shoulders and the rest of your body are organized into an optimal position for safety, power & efficiency.	WEAK POSITION: FLEXING THROUGH THE SPINE Rounding your back is one of the leading causes of herniated discs. It also forces you to use the smaller muscles in your lower back - instead of the larger muscles in your legs.	WEAK POSITION: EXTENDING THROUGH THE SPINE Arching your back puts pressure on the discs in your spine and makes it harder to engage your abs for stability.	WEAK POSITION: LETTING THE SHOULDERS ROLL FORWARD This position increases the risk of injury to your neck and shoulders. Keeping your elbows in is your queue to pull your shoulders back and down.

THE 3 POINT RULE WORKLETE

THE 3 POINT RULE

The 3 Point Rule helps identify the ideal neutral spine position. Keeping an equal distance between the 3 points ensures your spine stays flat as you move.

- Place one thumb on belt buckle
- Place one thumb on sternum
- The third point is your chin

Practice hinging at your hips and maintaining the 3 point rule. If the space between points increases or decreases, you have broken the rule.

ADMIN DASHBOARD



Client admins utilize Worklete's Team Stats Dashboard so they can quickly gain insight into how their teams are interacting with the program. This is a forward indicator for safety.

Tracking compliance at an individual, team and company level



INDIVIDUAL COMPLETION



TEAM COMPLETION



COMPANY COMPLETION

Team Stats: Golden State

Last update: 2pm EST

CURRENT COURSE

User completion and % complete on the current Worklete lesson

48 out of 54

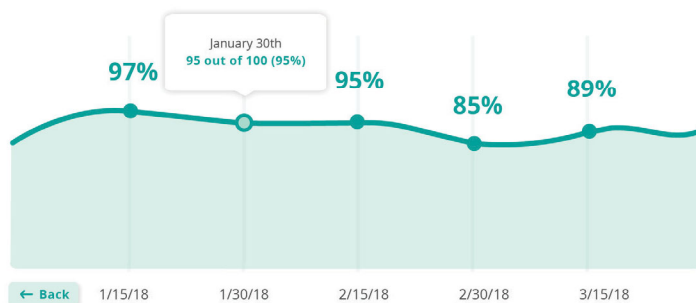
Users Complete

88%

% complete

COURSE COMPLETION BY DATE

Check the graph to see your team's completion on the last 10 weeks



WORKLETE SCORE ?

Worklete score is an average of the previous 10 weeks



RANKING SCALE

Improve your course completion avg to earn a higher rank on the scale!



Participant
0% - 50%



Bronze
51% - 75%



Silver
76% - 90%



Gold
91% - 100%



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LET'S GET STARTED!
