



Introduction to SafeWork Training: To be read at the Kickoff Event

Good Morning!

Some of you may have noticed some new, "Ergonomic" posters hanging up around the office, have heard of StrongArm Tech, or heard on of us mention SafeWork Training and I'm sure that you are wondering what that is all about.

We recently partnered with a company to implement their SafeWork Training program for all of us here at the company. The program is focused on what they call strong human movement, how to prevent injuries, and how to work like an athlete. StrongArm is a team of experts in the field of human movement who have worked with athletes of all levels ranging from youth soccer to Super Bowl Champions and everything in between.

We all know that our work is very physically demanding and can be hard on our bodies. Who here has ever felt lower back pain? What about neck or shoulder pain?

(If you have ever personally experienced an injury, feel free to share about your experience here)

Well, we are not the only ones to have dealt with any kind of pain or injury from our job. We have seen plenty of our friends and team members experience injuries ranging from minor back tweaks to more severe injuries. These injuries don't just get in the way of you doing your job, but more importantly, they affect you lives at home, preventing you from doing all of the things you like to do with you family and friends.

We cannot let this happen anymore.

We will be implement the SafeWork Training program, focusing on applying strong movement mechanics to our everyday life. StrongArm will give us the tools to move better all the time.

The program takes 5 minutes per week. The first week will be an online lesson, focusing on one movement. The second week, you will spend 5 minutes as a group, discussing and practicing the topic. This is not intended to only help you do your job. These movement techniques should be used all the time, on and off the job.

At the end of the day, we want to stay healthy so that we can feel good at work and at home too.

So my expectation, is that we all commit to this program and ensure we get the courses done as soon as they are assigned, and then practice what we learned from those course on the job and at home everyday.

You'll be able to login with the following credentials: (Request these from your Customer Success Team)

By going to myabsorb.strongarmtech.com from any device that has internet access. If we have an email set up for you, you'll be getting info emailed from them as soon as we start as well.

As of right now, your first lesson should be ready to go! Any Questions?