



SafeWork Training

Prevention through lasting habits



The SafeWork Training Program is a comprehensive, engaging, and easy-to-use solution designed for workers to master the core principles of moving with strength and care and seamlessly apply them to their specific job roles, leading to injury reduction and more consistent job performance.

The SafeWork Training program delivers impressive results, with up to 35% reduction in soft tissue injuries, leveraging expertise from sports medicine, physical therapy, behavioral science, and learning theory.

For the Employees

Digitized micro-learning

Online learning experience with bite-sized videos, including resources and quizzes.

Content for every task

Expertly curated training programs based on foundational movements applied to industry, job, and task-specific work.

Flexible access

View content through any internet-connected device such as the SafeWork Sensor, tablets, mobile, or desktop.

“ I use the program not just for work, but in my everyday life. I’m confident it has helped me move and lift more efficiently and without injury. ”

– Robin H., Trucking & Transportation

For the Managers

Champion certifications

Manager-specific content on how to expertly coach and reinforce training to team members.

Simple common language

Managers and team members streamline engagements with a shared knowledge of safe movement cues and improvements.

Real-time reporting

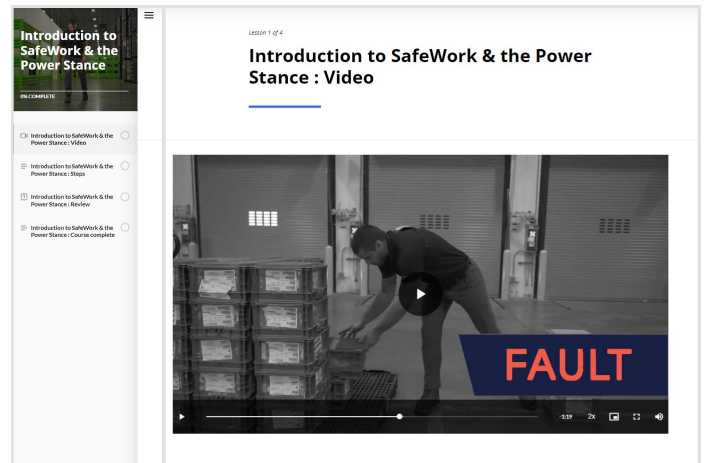
Managers have access to employee progress with knowledge scores and completion rates.

“ “There’s no comparison to our previous solution. It enables us to keep our drivers safe more than any other program I’ve worked with in my career. ”

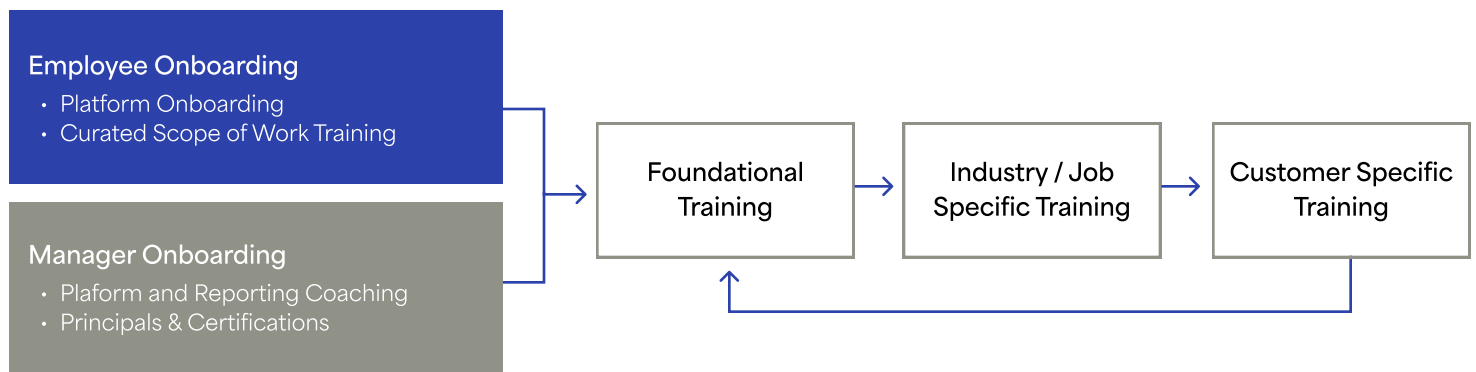
– Norman J., Warehousing & Distribution

How It Works

Strongarm builds a custom deployment strategy to train your organization on its injury-reducing methodology and terminology within the context of your own operations. This typically consists of a discovery period, champion training curriculum, 10 courses on the foundational movements, and 16 courses on industry, customer, and task-specific content. All are delivered over a packaged 12 month period to build sustainable behavior.



The SafeWork Training Program



Proven Results Across Many Industries

 **Warehousing & Distribution**

 **Transportation**

 **Logistics & Delivery**

 **Field Services**

