



Balance & Motion for Health (BMH) is a comprehensive Injury Prevention Organization. We help employers comply with the ergonomic and injury prevention component of their Injury and Illness Prevention Program (IIPP). Our trainings are unique in that we not only educate the employees about how injuries occur, but have each employee complete an obstacle course specifically designed around their daily work activities. We help employees and their direct managers identify postural habits they may have and not even be aware of that could be setting them up for injuries. Our trainings ultimately help the employee to learn to use their body in the proper manner while performing any activity. This combined with helping to initiate an in-house stretching program and regular on-site reviews to keep the information utilized are a part of the program.

Our classes are designed for homogenous groups of employees and we recommend beginning the process with manager/supervisor trainings. Examples of some of the types of training we provide:

- Office worker classes: With or without individual ergonomic evaluations.
- Wineries: Production, bottling cellar, tasting room/hospitality and warehouse.
- Hotels: Food and beverage employees, housekeeping, porters and office staff.
- City agencies: Classes specific to Public Works, Police, Fire and maintenance.

Our programs can be applied to any industry. We also provide on-site pre-assessments prior to any class so as to make the class relevant to that particular group using their own equipment.

Clients report significant reduction in injuries thereby saving considerably in insurance costs; increased productivity and improved morale.

Benefits to the employer from utilizing the services of BMH:

- Compliance with the ergonomic component of their IIPP
- Reduction in injuries, resulting in
 - Cost savings
 - Lower Experience Modification (“Ex Mod”) factor leading to lower workers’ compensation costs
 - Improved employee morale
- More open communication between employees and management
- Contributions to developing and promoting a “Safety Culture”
- Emphasis on “Zero Tolerance” for breaking the rules of safety
- Increased productivity of workers
- Empowering of employees to take personal responsibility for their own health
- CalOsha preparedness - by having this training in place and documented prior to that visit, you have a much easier time going through those investigations. One “serious” injury can trigger a CalOsha visit
- You let employees know that you care about them
- Your company discusses safety on a **daily** basis, not just at monthly tailboard meetings

Balance and Motion for Health

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