

## BodyLogic Health Management

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### Company Profile

*Informed by Training – Enlightened by Experience – Motivated by Proven Results*

Since its inception, BodyLogic Health Management has been at the forefront of on-site, quality back care and injury prevention programming. In 1982, the founders of BodyLogic recognized the need to develop diverse and effective workplace injury prevention programs, with a particular emphasis on long term back care and ergonomics.

Underlying this venture was an even clearer mission: to develop products and services that would benefit both employees and employers. BodyLogic strives to enhance employee health and well-being and to assist employers in achieving measurable increases in productivity and reductions in the financial costs of workplace injury.

This dual mission has given rise to the multi-dimensional BodyLogic brand, which ranges from resource materials and supervisor training, to the comprehensive expert consultation and on-site programming. In developing its products and services, BodyLogic has focused on flexibility and customization, recognizing that no two clients are alike.

All BodyLogic's products and services are easily customized to meet the needs of any given client and are presented in a range of different programs. BackLogic, for instance, combines components such as Worksite Analysis, Key Moving Positions and Core Stability Training to create a complete back injury prevention and maintenance program. A related program, ErgoLogic details job site ergonomics, allowing employees to identify and change their ergonomic environments. To supplement these programs or existing in-house programs, BodyLogic also provides facilitator training and resource materials such as books and videos.

BodyLogic's programs are supported by an advisory board of industry experts and by a team of experienced and educated employees. BodyLogic's consultants are based throughout North America and the United Kingdom and bring with them a passion for health care and an effective teaching style for the adult learner.

This combination has allowed BodyLogic to work with a diverse clientele. Organizations such as manufacturing plants, fire departments, universities and petroleum extraction companies all endorse BodyLogic's products and services as integral components of their injury prevention programs.

Above all, BodyLogic strives to be progressive, dynamic and results-driven. BodyLogic remains abreast of the latest developments in workplace injury prevention, and state and federal standards. By continually updating their programs and by remaining focused on proven results, the members of BodyLogic continue to deliver services that their clients view as measurable assets.

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### Testimonials

#### Management

“The most well-received back prevention/education program I have seen. The instructors are energetic and really “know their stuff.” Our back injury rate was 30% of our total comp claims. We have had NO back injuries in the past 12 months!”

Dr. Michael DeLitta, Director, Medical Services  
ARCO Pipeline Company (Houston, Texas; Long Beach California)

“On the one side the program is very well-received by employees and adds to overall safety awareness measures. Statistically, those plants participating in the programs have experienced both frequency and severity reductions: frequency [of workplace injuries] is down by 23% and severity is down by over 50%.”

James Bowles, Corporate Manager Safety and Health  
Saint Gobain Containers (formerly Ball Foster Glass Co.; Muncie, Indiana)

“Of all safety training that I’ve offered, [BodyLogic’s] has been the most effective. The service is superb, the trainers are skilled, energetic and genuinely care about the employee.”

Barbara Coats, Risk Manager  
Foothill-DeAnza Community College District (Silicon Valley, California)

“...The only program we ever presented where there was not a single complaint about participation.”

Lieutenant in charge, Police Department, Training  
City of Tacoma (Tacoma, Washington)

#### Participants

“Why did it take 15 years and 3 back injuries before I got this information?”

“Extremely relevant to my work – very useful information for firefighters.”

“It will help me perform my job at a better level and be able to work longer with less pain.”

“Pain is distracting at the very least. Pain prevention will improve focus and productivity.”

“Very enjoyable and worthwhile. Excellent teacher. Everyone should attend this class.”

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**Workplace Injury Fact Sheet (North America)**

The costs, both monetary and otherwise, of preventable workplace injury in North America are staggering. Consider:

- Work injuries cost Americans \$125.1 billion in 1998 – that’s equivalent to nearly triple the combined profits reported by the top 5 Fortune 500 companies in 1998 (National Safety Council, 2000).
- Accounting for more than one out of three of the injuries and illnesses involving recuperation away from work, musculoskeletal disorders are defined as injuries or disorders of the muscles, nerves, tendons, joints, cartilage and spinal discs, and include cases of strain, sprain, tears and back pain (Bureau of Labor Statistics, 2001).
- Over 582,000 musculoskeletal disorders were reported in 1999 with recuperation time at 7 median days away from work (BLS, 2001).
- Of the total cases of injuries and illnesses resulting in time away from work in 1999, more than 4 out of 10 were sprains and strains, most often involving the back (BLS, 2001).
- Sprain and strain was, by far, the leading nature of injury and illness in every major industry division, ranging from 33% in agriculture, forestry and fishing to nearly 50% in services (BLS, 2001).
- The trunk, including the back, was the body part most affected by disabling work incidents in every major industry division but one (BLS, 2001).
- Musculoskeletal disorders of the low back and upper extremities result in approximately 1 million people losing time from work each year, with a conservative cost estimate of \$50 billion annually in compensation costs, lost productivity and other work-related costs (National Academy of Sciences, 2001).
- The Washington State Department of Labor and Industries reports that in 1999 the average cost of a back injury claim was \$4,002, with a total cost to date of \$100,673,596.

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## Press Release

FOR IMMEDIATE RELEASE

### **BodyLogic Health Management Teams Up with Serta Mattress, Canada To Create New Line of Beds**

Richmond, BC, March 1, 2001 – BodyLogic Health Management has teamed up with the folks of Serta Mattress, Canada to assist in developing a new line of beds, “The BackLogic Collection.”

Designed to promote back care and general wellness, the BackLogic Collection will feature a customized booklet based on BodyLogic’s Little Back Book. BodyLogic has modified the booklet to include special pages on “Back-to-Bed Basics,” tips on sleeping and purchasing a bed, as well as some of the exercises currently found in the Little Back Book. Serta and BodyLogic hope that the Collection’s superior design and this complimentary booklet will encourage consumers to take back care seriously.

The BackLogic Collection is embossed with the BackLogic™ name on the high quality “ticking” or cover of each mattress. The complete line can be purchased at any of The Brick’s 62 retail outlets across Canada or by visiting [www.thebrick.com](http://www.thebrick.com).

## Press Release

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### **BodyLogic Health Management Recipient of Top Training Award**

Richmond, BC, October 15, 2001 – BodyLogic Health Management is pleased to announce its selection as the provider of one of the Top Ten Training Products of 2001 by Human Resource Executive Magazine, the premier American publication for the Human Resources industry.

The distinction acknowledges ErgoLogic Facilitator Training, a train-the-trainer program that offers the skills and knowledge supervisors need to set up a basic, well-rounded ergonomics and injury prevention program within their organizations.

Judy Brooks, a BodyLogic principal, says of the award, “this affirms our position as one of the leaders in North American workplace injury prevention training. We’re dedicated to helping our clients achieve measurable reductions in the costs and occurrence of preventable injuries. This award is a direct result of that focus.”

BodyLogic Health Management provides on-site injury prevention programming to a diverse, international client base. Products and services are flexible and easy to implement, and address such issues as back injury prevention, ergonomics and Carpal Tunnel Syndrome.

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