



Scope of Service: We do NOT provide on-site physical therapy services. Peak Ergonomics specializes in problem-solving for businesses that want to improve overall system performance and decrease the risk of injury to their employees. Our services are under the umbrella of prevention, wellness, and first aid. We utilize multiple disciplines and have created a particular class of consultants: Ergonomics & Early Intervention Specialists (EEIS).

Early Intervention: Early intervention is a system in which employees are encouraged to report fatigue, aching, or soreness as early as possible. We quickly respond with an assessment of both the worker and workstation. Next, we identify and help correct ergonomic risk factors. Finally, we recognize human risk factors and help workers become healthier by improving strength, mobility, posture, agility, cardiovascular fitness, and healthy living practices. As a result, we reduce the ergonomic risk and improve the healthy work capacity of the employee. We have had nearly 17,000 early intervention cases with a success rate of 92%.

Exercise: Our consultants are highly trained, skillful experts in understanding and improving a person's health with preventative training. We improve the healthy work capacity of employees by coaching them to improve strength, mobility, posture, agility, cardiovascular fitness, and healthy living practices. We develop customized preventative exercise programs specific to each occupation and produce professional videos customized with our client's logo. In addition, we help implement and sustain group exercise programs utilizing lively and practical training.

Ergonomics: We utilize the most advanced peer-reviewed job analysis tools and produce comprehensive reports that provide prioritized, cost-effective, and common-sense solutions. We skillfully identify ergonomic risk factors such as awkward or static postures and excessive force for lifting, carrying, pushing, pulling, gripping, and pinching; repetition involving the same group of muscles, sudden or prolonged contact stress into the body, hand/arm, or whole-body vibration. In addition, we have an ergonomic solution think tank that has produced thousands of ergonomic solutions for our clients utilizing engineering, administrative, and work practice controls.

Education: We perform both individual and group educational programs for employees. Individually, we educate the employee based upon their current need. We teach the employees how to position their bodies while performing different work activities. We identify and discuss all activities of daily living that might impact the employee's health. We address sleeping posture, hobbies, lifestyle, self-care, and other topics to improve the individual's well-being. Specific to prevention and OSHA first aid of the musculoskeletal system, we educate the employee in hot/cold therapy techniques, non-rigid supports, self-massage, and appropriate use of over-the-counter medications and



remedies. Our expert instructors have performed hundreds of on-site training programs at all hours of the day and night and across a broad spectrum of industries.

We apply the principle of kinesthetic learning and have participants standing, moving, and performing activities with their bodies that will help them genuinely learn fundamental ergonomic concepts that they can apply to their specific work environment. Each training session is customized to meet the needs of our client: length of the class, time of day or night, number of participants per class, pictures, and videos of plant-specific workstations. In addition, we routinely perform the following groups training classes:

- **Production Worker Training:** this program consists of fundamental ergonomic awareness, body mechanics training, lifting techniques, and preventative exercises.
- **Office Worker Training:** this program consists of fundamental ergonomic awareness, proper office and computer workstation setup, body mechanics training, and preventative exercises.
- **Executive Team Training:** This program helps the top management level understand the importance of ergonomics to their business.
- **Advanced Ergo Team Training:** This program is a deep dive into ergonomics for employees leading the ergonomics initiative.

Peak Ergonomics solutions are in university classrooms for future operations managers.

The collage consists of several distinct images. On the left, two side-by-side photographs show a worker in a dark blue shirt at a workstation. The left photo shows the worker in a poor posture, and the right photo shows the worker in a better posture after a tool modification. Below these photos is a caption: "The most common ergonomic risk factors are awkward postures, excessive force for lifting, pushing, pulling, and gripping, and repetition involving the same group of muscles. On the left, the worker was using a pistol grip driver in a vertical application which was placing her into a poor shoulder posture. She was experiencing increasing pain in her right shoulder. On the right, by modifying the tools being used, the worker is now into a good shoulder posture." Below the caption is the page number "p. 307".

On the right side of the collage, there is a collage of four images: a ship's deck with colorful shipping containers, a robotic arm in a factory, a view from inside a large industrial structure, and a person working at a computer.

Below the collage is the cover of the book "OPERATIONS MANAGEMENT" by William J. Stevenson, Thirteenth Edition. The cover is blue with white text. Below the book cover are two more images: a group of people in a classroom setting and a woman smiling while holding a box.

At the bottom left of the collage, there is a section titled "Education". It contains the text: "We teach workers in a very dynamic and effective manner how to position their bodies while performing different tasks. We also identify & discuss all activities of daily living that have an impact." To the right of this text is a photograph of a classroom with a presentation screen displaying "Primary Ergonomic Risk Factors".