

# St. Luke's Occumed Resources



## Prevention Programs

Preventing the occurrence and recurrence of job-related injuries and illnesses is key to reducing claims, experience modification factors, premiums and reserves.

St. Luke's Occumed Resources provides a custom range of programs, conducted on-site or at our facilities, by qualified professionals. St. Luke's Occumed Resources' prevention services include:

### Preventing Repetitive Motion Injuries in the Office Environment

Includes educating employees and management on causes of repetitive motion injuries, at risk situations, body mechanics and preventive exercises

### Back Injury Prevention Program

Addresses job hazards, ergonomic relationships and physical conditioning to prevent back injuries. Includes instruction on proper lifting techniques and supervisor training to provide ongoing safety awareness and to facilitate aggressive management of injuries that do occur

### Functional Job Description Development

On-site evaluation of job function as it relates to the physical requirements of performing the job. Facilitates accurate placement of restricted duty employees, reduces the potential for injury and/or re-injury and assists in compliance with the Americans with Disabilities Act

### Cumulative Trauma Prevention Programs

On-site multi-media presentations for supervisors and employees focusing on back injury and repetitive motion injury. Includes assistance in the development of employee exercise programs and group problem-solving forums

### Other Programs Include:

- Cardiopulmonary Resuscitation (CPR)
- Standard First Aid
- Safety Training
- Safety Audit



[www.stlukesoccumedresources.org](http://www.stlukesoccumedresources.org)

*My Health. My Hospital.*