



FOR IMMEDIATE RELEASE

## The Professional's Guide to Effective Workplace Injury Prevention – Classroom Edition

**Woodinville, WA, April 28, 2010** – With an aging population, the American workforce is becoming increasingly susceptible to aches and pains from years of physical labor. In an ever changing business world that is continually incorporating new technology, there are also many ergonomic issues that result. When pain results from any act of labor, employers are often saddled with costly workers compensation claims, lost productivity, and low employee morale.

From the employee experiencing pain and reduced wages, to the company impacted by increased absenteeism, to the injured workers' family members, workplace injuries impact everyone. Risk identification and reduction are not only the best methods... they are the *only* methods to prevent injuries.

A world-class innovator of injury prevention programs, InjuryFree has a new approach to risk reduction and injury prevention in the workplace: The BEEA+ Paradigm. BEEA+ looks at how integrating Bio-Physics, Ergonomics, Education and Awareness, in industrial and office environments, produces groundbreaking results in injury prevention. The BEEA+ paradigm attributes all injuries to the inconsistency or breakdown in one or more of these components, and focuses on each of them in an integrated fashion as part of an overall risk reduction strategy.

BEEA+ workshop participants will gain an understanding of how to enhance their current prevention strategies by incorporating the principles of the BEEA+ paradigm. Proven solutions, ideas and tips will also be covered, as will approaches to instituting and changing safety culture.

"Injury prevention begins in the workplace and inspires health and safety behaviors in the home," says Trent Shuford, InjuryFree founder and CEO. "Prevention will become increasingly important to businesses in all sectors as healthcare reform and the stricter enforcement recently foreshadowed by OSHA takes place. With a track record of demonstrating BEEA+'s effectiveness at Fortune 500 companies nationally, and having presented it at national conferences, we're looking forward to bringing this workshop to Washington State."

The BEEA+ paradigm is presented as a full-day workshop and is scheduled for Thursday, June 3rd in Bellevue, Washington, a central location easily accessible from downtown Seattle and from Sea-Tac airport. Professionals specializing in employee health, human resources, occupational medicine, safety management and risk management are encouraged to register. For more information regarding the workshop including location and pricing details, visit the [InjuryFree Workshop Webpage](#).

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**InjuryFree**, the country's leading innovator of injury prevention services, provides cost-effective health and safety solutions for the workplace. Since 2000, InjuryFree has dramatically reduced the risk of workplace injuries utilizing the proven BEEA+ paradigm, a unique and comprehensive safety program drawing upon the interaction of Bio-physics, Ergonomics, Education and Awareness in the workplace. InjuryFree's products and services successfully help employees live, work and retire pain-free. Visit the [InjuryFree Website](#) for upcoming speaking engagements and explore great articles and stories pertinent to safety, ergonomics and injury prevention.

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