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Risk Reduction in the Aging Workforce: The Case for Employee Maintenance

In 1996, Baby Boomers, those Americans born between 1946 and 1964, numbered 76 million according to the U.S. Census Bureau's reporting. In 2010, the oldest of the Boomers are turning 64 years old. Nearly two in five workers between age 50 to 64 say they plan to work beyond age 65.

What this means for American businesses is that for the next 20 to 25 years our older citizens will comprise an increasingly larger percentage of our workforce. With this impending shift in worker demographics comes... [click to continue reading.](#)

Sound Ergonomics Prevent Injuries While Handling Heavy, Awkward Materials

Ergonomics is the science concerned with designing the workplace, tools and equipment for maximum efficiency, user comfort and safety. The goal of ergonomics is to maximize productivity without

The BEEA+ Bulletin

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Quote or Factoid

"InjuryFree is a place where employees go to stretch muscles in parts of our bodies. It not only helps our bodies, it helps to relieve mental stress. While we're in there you focus on something other than work through exercising, listening to others, soothing soft music, talking and receiving care and friendly smiles. You go in with pain and come out with laughter."

-Shirley Wallace, Employee Maintenance Center ([EMC](#)) Client

Congratulations Maumelle!

InjuryFree is very proud to announce that Kimberly-Clark in Maumelle, AR, has received the prestigious crystal eagle for ONE YEAR without a recordable injury! This is the first time this facility has gone a full year without a recordable injury. Congratulations! We are very excited for all of your employees, and proud that InjuryFree could be a part of such

compromising employee health. This goal is accomplished by looking specifically at how the human being interacts with the physical work environment and by improving upon its design and function.

The goal of maximizing productivity has always been intuitive enough. Increased productivity typically equates to... [click to continue reading](#).

Tips for Preventing Low Back Injuries Continued

In last month's Bulletin, we discussed how the work postures of [sitting and forward bending](#) contribute to low back injuries. As mentioned, most back injuries are rarely the result of single event incidents. They are typically the culmination of minor, repeated stress over time.

Let's look at how low back injuries are affected by lifting behaviors ([click here](#))

Are You Attending Safety 2010?

The American Society of Safety Engineers (ASSE) annual conference, Safety 2010 is right around the corner. This year's Conference and Expo will be in Baltimore, Maryland from June 13-June 16th. Each day offers professionals in environmental, health and safety the opportunity to further their education by attending educational sessions, network with other representatives and vendors and stay on top of key issues impacting the safety industry today. InjuryFree is looking forward to presenting "Maintaining Employee Productivity: Why an EMC Works!" on Monday, June 14th from 3:15-4:15 p.m. For more information, [visit our Safety 2010 page by clicking here](#).

We're Here to Help

From early symptom recognition, to cost-effective ergonomic solutions and on site joint-specific training for your employees, we can help your facility reduce risk. Let InjuryFree help you. [Connect with us today](#).

an amazing milestone! Great job!!!

Mental Health Awareness Month

May is Mental Health Month, a month designated to promote health and wellness in the home, at work and in the community. Attempting to keep good mental health can oftentimes be challenging... [click to continue reading](#)

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Helping Employees Work, Live and Retire Pain-Free
InjuryFree, Inc. 20250 144th Ave. NE Suite 305 Woodinville, WA 98072
P. 1.800.445.3519



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