

# Case Study East Texas Medical Center

## Patient Handling and Responder Fitness Injury Prevention Programs

**Injury prevention programs must meet three criteria to be lasting and successful:**

1. They must teach employees 'self-care' using a toolbox approach.
2. They must constantly reinforce awesome ergonomics.
3. Fitness must be a forethought, not an afterthought.

## ETMC Needed a Safety System That Worked!

**ETMC needed a proven system to meet the challenges their responders faced in the field every shift. They needed a partner who could deliver:**

- ➔ Hands-on training modules
- ➔ Empowered leaders to run safety initiatives
- ➔ Patient handling training for all key scenarios
- ➔ Continuing education with online programs

## Injury Prevention Systems

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East Texas Medical Center Before and After



## What We Delivered

### Results

100 lost work day reduction, and a major reduction in total injuries!

### System

A team based approach with ergonomics, coaching and staff fitness.

### Strategy

A program of clear communication of new and emerging issues and real-time introduction of solutions to these problems.