

#### Objective #4

Awareness of individual health and safety risks and prevention methods.

- *Administer Health Risk Assessments to gain a baseline of overall health of your group and to provide a measurement tool going forward. We have a couple options to select from based upon your budget and objectives.*
- *Provide one-on-one consults for all eligible participants.*
- *Monthly on-site health promotion through RN Health Coach.*
- *Employee Assistance Services.*
- *Provide ergonomic work station analysis, set-up and recommendations.*
- *Job specific functional conditioning and strength training.*