

Safety In Motion®

A versatile safety program proven to reduce injuries



www.safetyinmotion.com

Developing a safety culture within your company is one of the most important things you can do to ensure the safety of your employees both on and off the job. Because training your employees to do their

jobs safely is essential to safety culture, SAIF is now bringing Safety In Motion®, a proven system for safety training, to its policyholders.

Safety In Motion® techniques reduce the occurrence of strains and sprains, which account for 15,000 claims per year at SAIF (40 percent of all claims).

Designed for how work is done

- Safety In Motion® makes risk reduction simple and practical because it is easy to understand, easy to remember, and easy to apply.
- Techniques are proven to reduce physical stress and strain, boost balance and strength, and improve productivity.
- Employees learn to make simple, practical changes in the way they reach, lift, carry, push, or pull. These changes make most tasks both easier and safer, at work or home.

A practical learning tool

- The Safety In Motion® system is divided into modules. Each training module focuses on one key technique and can be delivered in just 15-30 minutes, saving you time with minimal impact to productivity.
- Safety In Motion® uses several methods to ensure that employees retain what they learn: live training, online knowledge refreshers, handout cards, and task-specific posters designed to reinforce key concepts.
- Training modules are customized by work environment and job task, and can be delivered in a variety of settings—from the tailgate of a truck to an auditorium.

Training module topics

Position Elbows Closer™: This is the foundational Safety In Motion® module focusing on elbow position and leverage zones. These simple techniques are designed to make work easier and reduce the risk of strains and sprains.

Use Mid-range Wrist Motions™: This module focuses on how we grip, push, and align our wrists to protect hands, wrist, and forearms.

Leg Strength and Balance: Focusing on using foot position to align our bodies for maximum strength and balance, this module will help you protect your knees, spine, and shoulders.

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Lifting Options, Techniques, and Pace™: This session ties many SIM® techniques together to provide better ways to lift and move materials.

The SAIF advantage

SAIF is the only workers' compensation insurance company in Oregon licensed to provide SIM® training, so this is an exclusive advantage for our customers.

Learn more

To find out how Safety In Motion® works and how it can reduce your incidence of strains and sprains, contact your SAIF safety management consultant.