

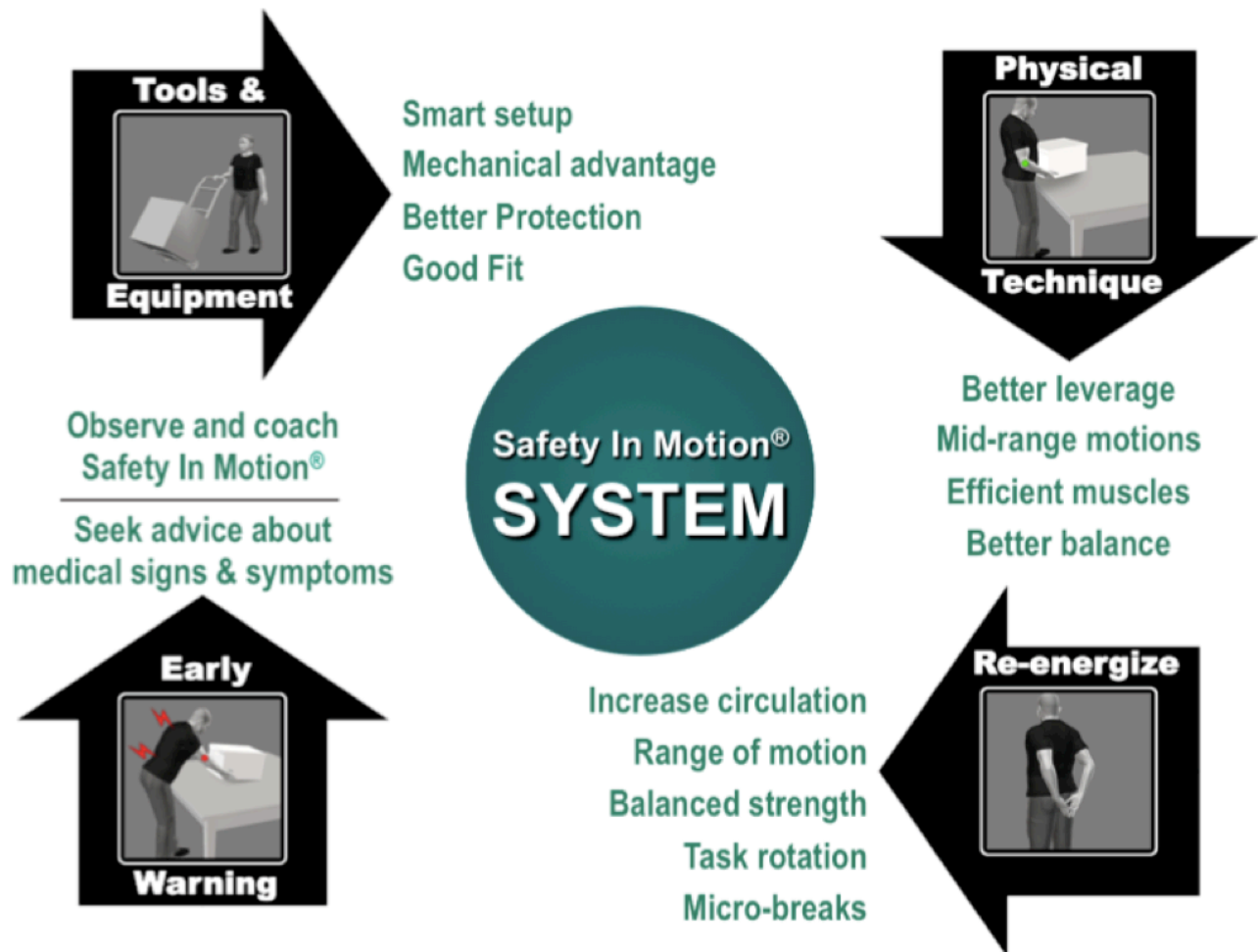


The SIM System

Overview:

The SIM System is the foundation upon which we build all SIM Inc. materials and consulting services.

It is a complete system for reducing musculoskeletal injuries in the workplace. It comprehends ergonomics (Tools and Equipment), body mechanics (Physical Technique), fitness (Re-energize), and auditing, observation, coaching & medical management (Early Warning).



The Safety In Motion® System – Some Specifics:

The SIM system includes four Injury Prevention Principles:

1. Tools & Equipment
 - a. Smart setup:
 - b. Setup of storage, work space, work station, office
 - c. Priority for setup in the Green Zone based on:
 - i. Frequency/duration of use
 - ii. Weight or force
 - d. Good Fit Seating:
 - i. Vehicle, workstation, office: adjusting position, lumbar support, arm rest, suspension
 - ii. Gloves: fit/size, flexibility, pre-curved fingers
 - iii. Belts: fit, padding, weight distribution, additional shoulder suspension
 - iv. Shoes: fit/size (no contact pressure on end of big toe or side of little toe), orthotic arch support
 - e. Less Strain: Material handling equipment to lift, push, pull or position materials and tools
 - f. Better Protection from contact pressure on:
 - i. Fingers: plastic or foam grips for wire handles, precision tools, writing or drawing instruments
 - ii. Center of palm: gel pad protection
 - iii. Carpal tunnel / wrist: soft surface
 - iv. Inside of elbow: adjustment of arm rests, cloth or foam pad
 - v. Base of knee: knee pad, ergo kneel pad
 - vi. Standing surface: anti fatigue mat
2. Physical technique
 - a. Better leverage
 - i. Elbow position – Leverage Zone
 - ii. Foot position – Line of Strength and Balance
 - iii. Build a Bridge
 - b. Easy alignment – mid-range motions of major skeletal joints
 - c. Right muscles – larger muscles, muscles have ‘smooth path’ tendon connections, advantageous reflex
3. Re-energize – light exercise for circulation, stretching, strength exercise, aerobic exercise
 - a. Full range of motion
 - b. Increase circulation and endurance
 - c. Balanced strength
4. Early warning
 - a. Observation for risk factors and coaching best practices – principles 1, 2, 3 above
 - b. Medical advice for increasing or persistent signs and symptoms – pain, swelling, numbness

