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