

Safety In Motion®

A versatile safety program proven to reduce injuries



www.safetyinmotion.com

There are a lot of good reasons to develop a safety culture and train your employees to work safer. The question is how to do it?

One effective answer is Safety In Motion®/SIM4®.

The techniques used in Safety In Motion, a proven safety training system, reduce the occurrence of musculoskeletal injuries (strains and sprains)—the number one type of injury for SAIF policyholders, accounting for nearly 15,000 claims per year.

SAIF launched the Safety In Motion/SIM4 system in July 2009 to help our policyholders reduce musculoskeletal injuries and help us deliver on our corporate vision to make Oregon the safest place to work.

SIM4 training has a proven record of reducing injuries. In a study conducted after two years of using the system, policyholders who used SIM4 had much better claims outcomes than those that did not receive SIM4 training during that two-year period.

	SIM4-trained accounts	Non-SIM4 trained accounts	Basis Point Difference
Total incurred claims costs	19.3% decrease	0.05% decrease	18.7
Claims costs from strains/sprains	8.5% decrease	13.2% increase	21.7
Claims frequency (strains/sprains)	6.3% decrease	7.3% increase	13.6

Based on a comparison using the two-year period prior to SIM4 training versus the two-year period after SIM4 training.

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, on or off the job.

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.

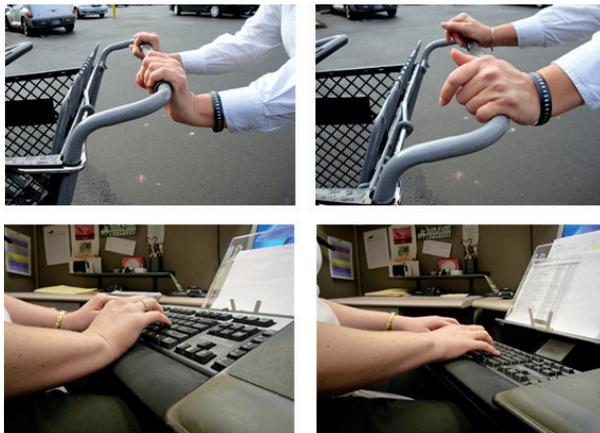
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Training module topics

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, wrists, 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.



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



SIM-licity™: This module provides employers with another SIM4® training option. SIM-licity™ covers 10 of the most important techniques from the other SIM4® modules, and takes just 45 minutes. SIM-licity™ is ideal for refresher training or for a faster introduction of key techniques when training time is limited.

The SAIF advantage

SAIF is the only workers' compensation insurance company in Oregon licensed to provide Safety In Motion 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.