



IMPROVING EMPLOYEE HEALTH AND PRODUCTIVITY

Prevention is Priceless

- ▶ Healthier, more stable workforce
- ▶ Increased workforce productivity
- ▶ Lower out-of-pocket health expenses
- ▶ Fewer restricted and lost workdays
- ▶ Lower disability claims and costs
- ▶ Improved flexibility, range of motion, balance
- ▶ Improved morale
- ▶ Improved health knowledge and awareness
- ▶ Lower levels of stress



Hanford Occupational Health Services

Programs tailored to meet your specific needs and goals.

We understand the dynamics of each organization and provides customized assistance to help maximize the benefits of wellness programs. Our experienced staff provide organizations with the tools and best practices to deliver quality programs and services. Our wellness staff is credentialed by the following organizations:

- ▶ American College of Sports Medicine (ACSM)
- ▶ Board of Certification (BOC) for Athletic Trainers
- ▶ National Commission for Health Education Credentialing (NCHEC)



Industrial Rehabilitation and Health Education

1979 Snyder St., Suite 150

Richland, WA 99354

Mail Stop G3-70

Health Education 376-3939

Industrial Rehabilitation 376-2109 or 376-9040

hanford.gov/amh

Industrial Rehabilitation and Health Education

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Industrial Rehabilitation and Health Education:

Preventive services aimed at minimizing or preventing the most significant obstacles to productivity: employee illness, injury and absenteeism.

We manage risk factors and lifestyle issues that affect employee health, creating targeted health intervention programs and services designed to be innovative and effective. A major goal of our wellness program is to educate employees and provide them with the tools to improve and maintain their health and well-being. These programs are designed to reduce injuries and illnesses both on and off the job.

Our clinical and field assessments give customers and their employees a clear picture of health risks and work hazards which may lead to injury and illness.



Assessment Services:

- ▶ Fitness Assessments
- ▶ Functional / Work Capacity Evaluations
- ▶ Ergonomic Evaluations
- ▶ Health Risk Appraisals
- ▶ Health Screenings

Physical Conditioning Services:

- ▶ Work Conditioning
- ▶ Preventive Exercise
- ▶ Hanford Workfit

Education and Training Services:

- ▶ Individual Health Coaching
- ▶ Health and Safety Presentations
- ▶ Ergonomics and Biomechanics Training
- ▶ Health Fairs
- ▶ Weight Management and Nutritional Programs
- ▶ Tobacco Cessation Classes and Support Groups
- ▶ Blood Borne Pathogens Training



Internet Health Promotion:

Our website removes physical and geographic barriers to deliver fitness and wellness information via the Internet.

- ▶ Health Promotion Materials
- ▶ Monthly Newsletter
- ▶ Health Assessment Tools
- ▶ Events Calendar
- ▶ Interactive Educational Programs
- ▶ Safety Meeting Toolkits

Find this valuable resource online at: www.hanford.gov/amh

Influenza Immunization Program:

Influenza is a serious health threat. To help decrease the occurrence of influenza on the Hanford Site, annual flu shot are held in the fall, at several locations across the Site to accommodate workers.

