



Reduce workers' compensation claims  
 Reduce healthcare costs  
 Improve lost time productivity

# Healthy Working delivers measurable results in 3 easy steps

## Step 1. Ergonomics e-learning and self-assessment

Employees receive e-learning content that targets their individual needs. Cardinus has worked to provide content that encourages measurable behavior change. An integrated self-assessment allows for further dedicated feedback. Up to 60% of ergonomics risk will be resolved at this stage.

## Step 2. Communication and nudges

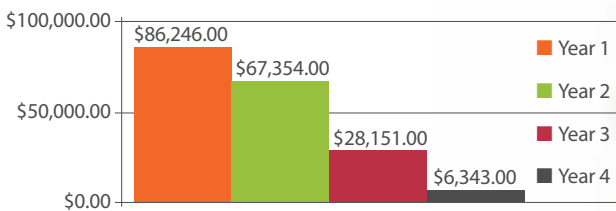
Healthy Working provides video-based stretching exercises, smart phone applications, mobile working advice and real-time feedback and support ensuring the program is proactive and encourages employees to participate and take ownership of their comfort.

## Step 3. PACE

You and your ergonomics team can use the powerful Cardinus management module, PACE, to resolve the small amount of outstanding risk that cannot be managed by the employee directly. This ensures intervention is targeted, appropriate and results-driven.

## Evidence-based risk reduction

Parsons is a technology-driven engineering services firm with more than 70 years of experience in the engineering, construction, technical, and professional services industries. In the first four years of using Healthy Working their injury frequency and associated costs reduced substantially Domestic Ergonomic Claims Reported to AIG.



## Substantial improvements in productivity

As a customer of the Cardinus fully-managed ergonomics program Mondelez (part of Kraft Foods) utilized software with our on-site and telephonic ergonomics assessment services.

A total of 39,993 lost productive hours were recorded amongst 1,584 staff. By using Healthy Working and reducing discomfort this figure reduced to 16,151 lost productive hours. A saving in excess of \$750,000 per year.

Hundreds of companies reduce injuries and costs by using Healthy Working by Cardinus including:



## Medical Costs of MSDs

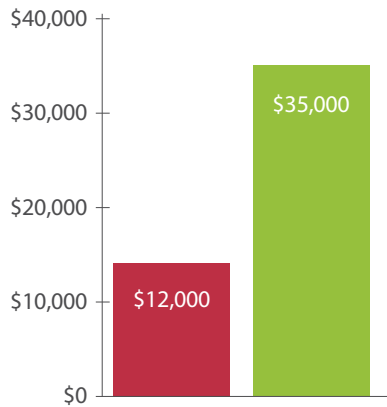
The impact of lost days and direct costs



### Loss of work days


Private industry workers who sustained an MSD required a median of **12 days** to recuperate before returning to work in 2015, compared to **8 days** for all days away from work cases.

Bureau of Labor Statistics



### Direct medical costs

The direct medical costs can be as high as **\$12,000** according to the **Bureau of Labor Statistics**, but if surgery is needed it can be **\$35,000**.



According to the CDC, work-related musculoskeletal disorders (MSDs) have a **45-54 billion dollar** annual economic impact. This includes factors from lost productivity and absenteeism.



Pitney Bowes realised **1.93 ergonomics injuries per 100 employees** in 2015



Call Cardinus today on **(323) 337-9016**

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