

Incident Prevention + Wellness

Solutions for peak performance.

WorkCare Incident Prevention + Wellness features on-site and virtual incident prevention and management programs, ergonomic consultations, wellness interventions, and other solutions. Our comprehensive approach supports peak employee performance, business sustainability, and an exceptional quality of life.

Our Incident Prevention + Wellness team features:

- Injury prevention and recovery specialists with athletic training and sports medicine expertise
- Wellness professionals with experience in exercise science, nutrition, and behavioral health
- Consultants on workplace ergonomics and job accommodations to help maximize productivity
- Educators who teach employees about their health risks and how to manage chronic ailments

BENEFITS FOR EMPLOYERS + EMPLOYEES

We respond to the unique quality-of-life needs of first responder, industrial, and corporate employee populations. Our integrated, total worker health solutions help:

- Employers engage employees in self-care across eight dimensions of wellness
- Employees avoid the development of preventable musculoskeletal discomfort
- Build trust as clients and employees experience the benefits of preventive measures
- Reduce injury exposure risks associated with physical and mental health conditions
- Support employee recruitment and retention efforts by promoting safe work practices

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Workplace prevention and wellness programs deliver an average of 4:1 in cost savings.

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WHAT WE DO

- ➔ We adapt preventive interventions to meet specific needs.
- ➔ We educate and encourage employees to make healthy lifestyle choices.
- ➔ We partner with clients to help reduce health and safety exposure risks.

