

ERGONOMICS RISK

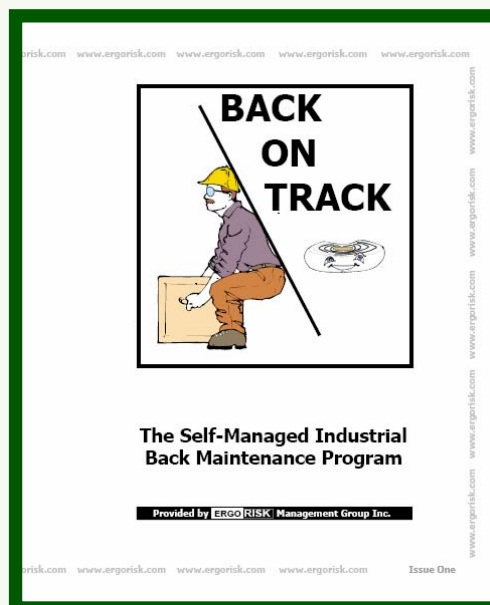
Back On Track

The Back on Track is a step-by-step, self-managed exercise program for Back Owners (like you). The program explains the importance of a healthy back and the key principles to maintaining good back function. With a good understanding of your back, the booklet then guides users through a set of functional back health exercises that reinforce proper movement habits. The self-administered test and worksheets allow users to track and measure progress.

ErgoRisk has also developed complimentary programs for the Upper Back and Knees.

- Upper Back on Track is designed for people whose work often encourages stooping or slouching forward.
- Knee on Track can be an effective tool for people who are required to stand and walk throughout the workday, particularly on uneven terrain.

Feel free to contact us for further information including how to get your workforce started on a self-managed and measurable exercise program.



ErgoRisk Management Group provides ergonomics tools, consulting and educational services to reduce risk of musculoskeletal disorder development and improve productivity.