

**“Ergonomic Programs
generate measurable
return on your investment.
(ROI)
3:1 return on investment in
ergonomic proactive
programs”.**

Department of Labor



Corporate Wellness Advantages:

- Better Productivity
- Decrease Lost Time Injury (LTI)
- Decrease Worker's Compensation Claims
- Establish A Healthier & Safer Work Environment
- Higher Morale & Improved Employee Retention
- Improve Work Behaviors, Stamina & Posture
- Isolate Potential Hazards
- Less Employee Absenteeism
- Reduced Healthcare Expenses

Jeannie A. Smith
Principal / Senior Ergonomist



Jeannie A. Smith founder and principal of The Ergo Firm (formerly SOS Ergo Fit) blends her rich history in Sports Medicine and Physical Therapy with her certifications and awards in Ergonomic Consulting. Professionally, she is equipped to problem solve utilizing all her experience and research to analyze your corporate health and safety needs.

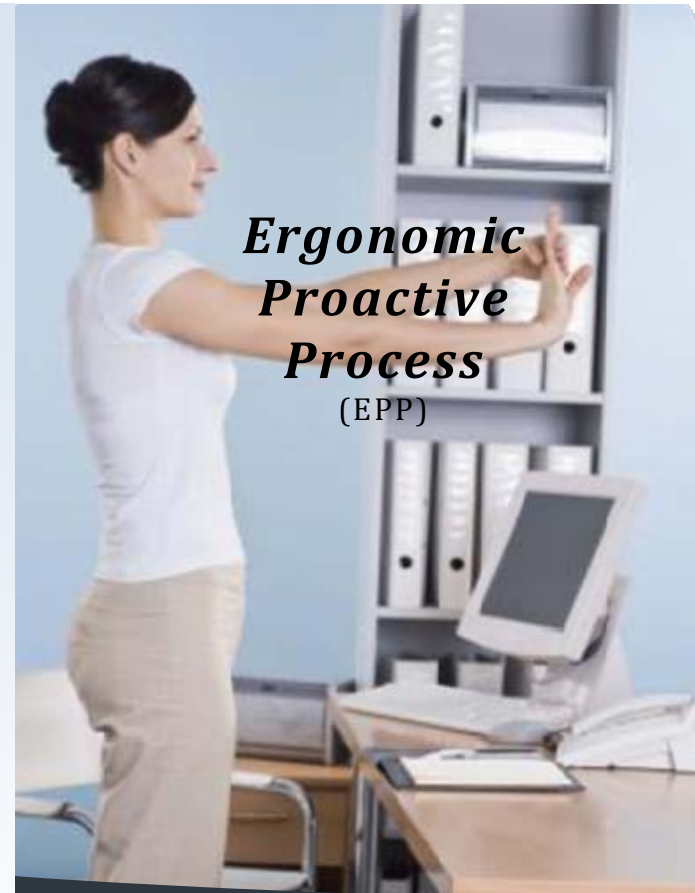
CERTIFIED experienced professional SPECIALISTS

We offer a complete range of successful ergonomic solutions in all settings. We provide independent advice and interventions that enables managers and employees to make accurate decisions regarding their health and safety with improvements to productivity and lifestyle choices.

- Ergonomic Assessments: Onsite/Remote
- Health & Safety Prevention Training
- Program Management
- Workplace Design
- Phone Consultations



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Ergonomic Proactive Process (EPP)

Healthy Workforce
Healthy Company



Solutions that work for your business: Ergonomic Proactive Process (EPP)

Our early recognition system has a proven record in decreasing potential injuries and claims



Utilize our team based approach that offers medical professionals with expertise in early intervention ergonomics. Our therapists educate and provide training for both the employer and the employee in industrial safety and injury prevention.

SUPPORT SOLUTIONS

- Instant I.D. of Potential Risks
- Stretch & Strength Exercises
- Direct 1st Aid Care
- Equipment Modifications
- Phone Consultations

flexible solutions for your business needs

PROFESSIONAL SERVICES

- Ergonomic Solutions and Training
- Musculoskeletal Injury Identification
- First Aid: onsite before symptoms become problematic
- Perform: ergonomic observations and assessments
- Provide: immediate feedback: employees and management
- Demonstrate: a healthier and safer work method
- Energize: the employee in customized pre-shift warm-up exercises and stretches
- Seminars: plus customized education
- Posters & handouts
- Integrity & Honesty
- New Training: CPR, AED, Bloodborne Pathogens, First Aid
- Safety Training in 900 Seconds!



WEEKLY, MONTHLY, BI-MONTHLY, QUARTERLY

Serving the major metropolitan areas of The Central Valley & San Francisco Bay Area



PHONE CONSULTATION

Get immediate guidance with a certified ergonomist & professional clinician who can give you appropriate guidance with a brief assessment.



CUSTOMIZED SOLUTIONS

Office, Warehouse, Laboratory and Transportation ergonomist maintain safety awareness for your specific environment with accountability.

