

The Evidence Based Case for Integrating Health and Safety with *The Back Saver System*

Whether the two are administratively separated or not, health has always been integrated with safety¹. It is only recently that the stark reality of the enormous monetary expense associated with the relationship between health and safety has been documented so well^{2,3,4,5}.

The “Accident Prone” Employee

There are numerous stories and anecdotal evidence concerning employees who may be accident-prone. Because there are often special circumstances with single individuals, it may not be fair to label any person with this moniker. But on average, the evidence appears overwhelming; employees with several health risk factors, such as spinal/lower back pain, above average weight, elevated cholesterol/blood pressure, etc. have nearly 300% more workers compensation claims than those employees with 2 or less risk factors⁶.

The Problem

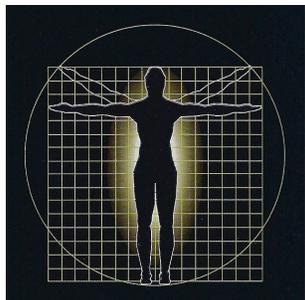
It's no secret that employer health costs have gone up every year for over 20 years. This is expected to continue, but even worse, the *rate* of increase is also rising³. Additionally, the percentage of employees in the over 55 age range is expected to continue to increase^{7,8}. Due to the generally poor baseline health of the country's adult population, this is an age where many people begin to access the healthcare system with much greater frequency. We are at a unique time in history where 3 factors are converging; 1) the increasing costs of healthcare, 2) an aging work force and 3) the declining baseline health of our population. Put these factors together and it leads to surging healthcare costs which are increasingly borne by the employers. Although the direct costs of this are enormous, the *indirect* costs for employers paints an even bleaker picture: for every \$1 spent by an employer on an injured or unhealthy employee, the employer pays an additional \$2.30 in indirect costs, in the form of employee absenteeism and productivity loss due to unfit employees who remain at work in an unhealthy condition⁴. But this doesn't have to be, when using *The Back Saver System*.

The Solution: Finally, Now...It's A Sure Thing

Over 17 published peer reviewed studies, over a wide range of industries show that integrating health with safety, shows a real and measurable decrease in injury rates and an accompanying improvement in employee health⁹. This is what *The Back Saver System* provides, namely, an improvement in safety *and* health. Forward thinking safety professionals are aware that workplace injuries have not shown a significant reduction in the last 6 years⁷. The integration of safety and health, with use of *The Back Saver System* will continue the progress of injury rates reduction that was achieved during the early 2000s.

The Bottom Line: You Can “Beat the Market”

In a landmark study, the stock performance of companies that had integrated health and safety training programs, was tracked. These companies stock performance beat the S & P 500 by over 77%⁵. Although this correlation does not establish causation, there is clearly a strong physiological and common sense relationship between safety and health. Using the new, simple, single-source, integrated, highly effective, innovative and low-cost training of *The Back Saver System* your company will improve its bottom line with similar results.



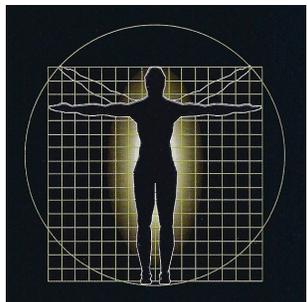
The Back Saver System

A natural integrated health and safety training program that dramatically reduces back injuries, fatigue/diabetes, heart disease/hypertension/cholesterol and provides simple, lasting weight reduction.

www.medicalarts4u.com

References

- 1) Cooklin, A., N. Joss, E. Husser, and B. Oldenburg. "Integrated Approaches to Occupational Health and Safety." American Journal of Health Promotion (2016)
- 2) America's Health Rankings Annual Report 2016. (2015 ed.) United Health Foundation and the American Public Health Association. www.americashealthrankings.org
- 3) "Mercer's National Survey of Employer-Sponsored Health Plans 2015." Global. 06 June 2017 mercer.com
- 4) Loeppke, Ronald, Michael Taitel, Dennis Richling, Thomas Parry, Ronald C. Kessler, Pam Hymel, and Doris Konicki. "Health and Productivity as a Business Strategy." Journal of Occupational and Environmental Medicine 49.7 (2007)
- 5) Fabius, Raymond, R. Dixon Thayer, Doris L. Konicki, Charles M. Yarborough, Kent W. Peterson, Fikry Isaac, Ronald R. Loeppke, Barry S. Eisenberg, and Marianne Dreger. **"The Link Between Workforce Health and Safety and the Health of the Bottom Line."** Journal of Occupational and Environmental Medicine 55.9 (2013)
- 6) Kuhnen, Ann E., et al **"Employee Health and Frequency of Workers' Compensation and Disability Claims."** Journal of Occupational and Environmental Medicine 51.9 (2009)
- 7) Bureau of Labor Statistics, United States Department of Labor (2016)
- 8) Toossi, Mitra. "Labor Force Projections to 2024: The Labor Force Is Growing, but Slowly." Monthly Labor Review (2015)
- 9) Anger, W. Kent, Diane L. Elliot, Todd Bodner, Ryan Olson, et al. "Effectiveness of Total Worker Health Interventions." Journal of Occupational Health Psychology 20.2 (2015)



The Back Saver System

A natural integrated health and safety training program that dramatically reduces back injuries, fatigue/diabetes, heart disease/hypertension/cholesterol and provides simple, lasting weight reduction.