



Post-Offer and Post-Injury Worker Fitness Screens Create Significant Return on Investment: A WorkerFIT Case Study

Client

A self-insured bottling and distribution facility located in Northeast Ohio.

Needs

1. To hire employees that are physically capable to perform the essential job functions on day one of employment.
2. Reduce new hire injuries and re-injuries after employees return-to-work post-injury.

Action

During consultation with **WorkerFIT** from 2005 – 2010, Bottling Company participated in the following programs:

- Functional Job Analyses were completed on all job positions and related work assignments.
- Worker Fitness Exams were administered to new hires and employees released to return-to-work post-injury.
- Annual training of employees in safe lifting techniques.

ROI

After implementing the **WorkerFIT Program**, the Bottling Company achieved the following ROI:

- Reduced lost work time by 264 days
- Lowered restricted duty time by 546 days
- Saved \$240K in direct costs (medical + indemnity)
- **Received a \$10 return for every \$1 invested**

Contact WorkerFIT Today

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