



SafeWork Training

Prevention through lasting habits

The SafeWork Training Program Powered with Worklete—a comprehensive, engaging, and easy-to-use solution designed for Industrial Athletes to master the core principles of strong human movement and seamlessly apply them to their specific job roles, leading to injury reduction and more consistent job performance.

The SafeWork Training program delivers impressive results, with up to 35% reduction in soft tissue injuries—leveraging expertise from sports medicine, physical therapy, behavioral science, and learning theory.



For the Athlete

Digitized Micro-Learning

Online learning experience with short up to 3-minute videos with resources and quizzes.

Content for every task

Expertly curated training programs based on foundational movements applied to industry and job - task-specific work.

Flexible Access

View content through any internet-connected device such as a kiosk, tablet, mobile, or desktop

“ I use the Worklete program not just for work, but in my everyday life! I'm confident it has helped me move & lift not only more efficiently but without injury! ”

– Robin H, Industrial Athlete,
Trucking & Transportation

For the Coaches

Champion Certifications

Manager-specific content on how to expertly coach and reinforce training to Athletes

Simple Common Language

Managers and Athletes streamline engagements with a shared knowledge of strong movement cues and improvements

Real-Time Reporting

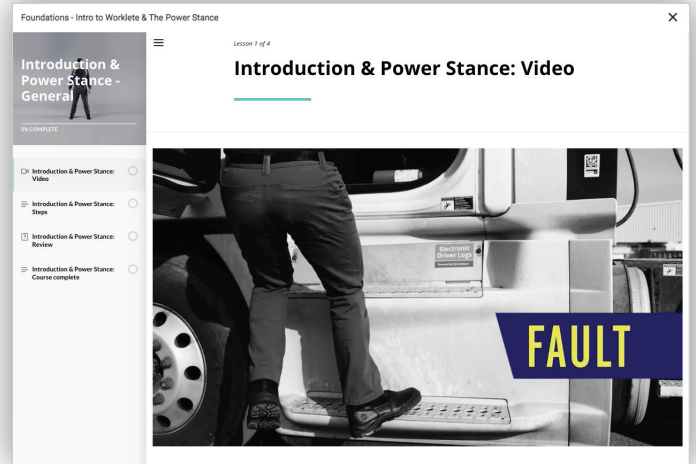
Managers have access to Athlete Progress with knowledge scores and completion rates

“ There's no comparison to our previous solution. The platform for getting the knowledge to our drivers is significantly more effective than handing out sheets of paper. Worklete enables us to keep our drivers safe more than any other injury prevention program that I've worked with in my career. ”

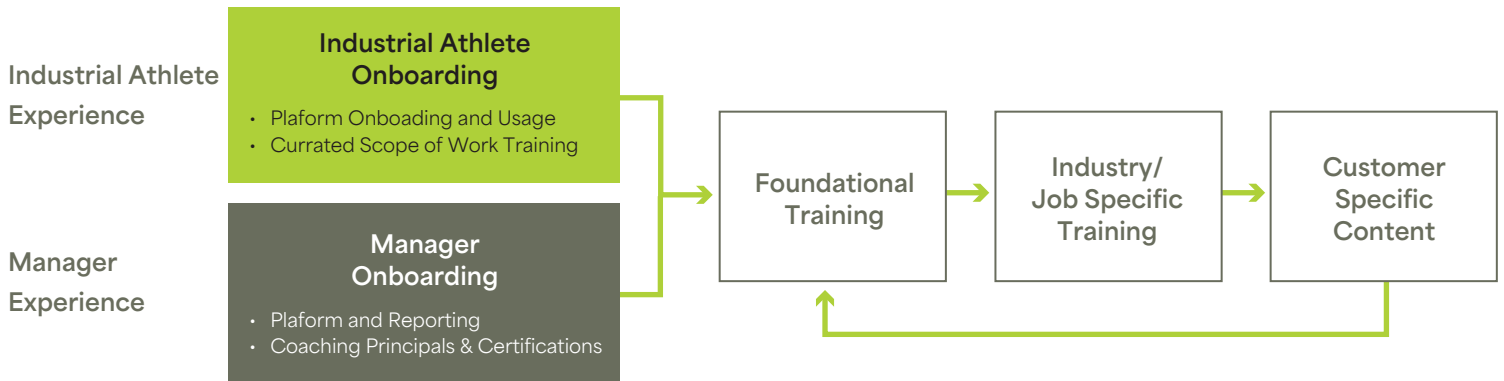
– Norman J, Director of Ops,
Warehousing & Distribution

How It Works

StrongArm Team builds a custom deployment strategy to train your organization on the Worklete methodology and terminology within the context of your own operations. This typically consists of a discovery period, champion training curriculum, 10 courses on the foundational movements, and 16 courses on industry, customer, & task-specific content. All are delivered over a packaged 12-month period to build sustainable behavior.

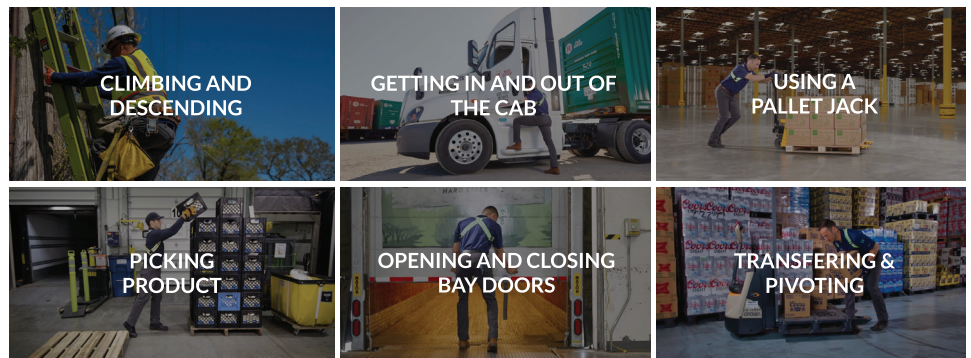


The SafeWork Training Program



Proven Results

-  Warehousing & Distribution
-  Trucking & Transportation
-  Logistics and Delivery
-  Field Services



With over 3,000 industry-validated videos in our library we can curate the most impactful program for your operations

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