



Associates driving trucks were **2X** more likely to sustain an injury than the average across all occupations.

(2017, Bureau of Labor Statistics)

## WORKLETE TEACHES ASSOCIATES THE FUNDAMENTALS OF PROPER MOVEMENT

- Reduce musculoskeletal injuries.
- Increase effectiveness on-the-job.
- Contribute to a strong safety culture.
- 96% of frontline associates love or like the program and 85% engage consistently.
- Go home each day pain-free and feeling stronger so you can enjoy your life outside of work.



## It takes 5 minutes per week to build strong habits!

### WEEK 1: ONLINE

Every 2 weeks, team members complete a 5-minute online course covering a specific movement technique that will help them stay safe on the job.

### WEEK 2: IN-PERSON

Team members practice what they learned online in in-person practice sessions led by a Worklete-certified Champion within your organization.

### GETTING STARTED IS SIMPLE

1. Log in to Worklete ([worklete.com/login](https://worklete.com/login))
2. Complete Condensed Basics courses 1 & 2 to catch up to your team\*  
*\*If your team hasn't completed the Basics, you'll complete each individual Basics course until you're caught up*
3. Complete the assigned Industry Specific course (each course takes 5 minutes)  
*\*Not applicable if your team hasn't completed the Basics*
4. Identify your Worklete Champion for In-Person Practice