



CASE STUDY

THE SCIENCE OF MORE UPTIME



KEY TAKEAWAYS

Lippert + **BIOKINETIX**[®]

CLIENT NAME:

Lippert Components

INDUSTRY:

Global Manufacturing

CASE STUDY LOCATIONS:

Three facilities

EMPLOYEES: 900

- Lippert Components was experiencing a consistently greater frequency of recordable injuries in their Chassis department due to required high-risk heavy material handling, including lifting and maneuvering 400-pound steel beams.
- The majority of these recordables were preventable musculoskeletal injuries which initiated the need for on-site medical care in triage situations.
- BLOKINETIX deployed comprehensive, proactive solutions tailored to Chassis department needs, moving the safety and wellness culture from a reactive to proactive approach.
- **The program achieved an estimated \$600,000 savings in workers' compensation claims costs.***





THE CHALLENGE

Lippert, a leading global manufacturer of engineered parts for the transportation, recreation, and construction industries, had been experiencing consistently higher recordable injuries in their Chassis department compared to all other departmental trends. The material handling activities required of these employees, such as flipping steel beams weighing in at over 400 pounds, involved serious musculoskeletal risk and resulted in a significant rise in injury-related expenses. Due to the nature of physical location, redesigning the Chassis lines within the plant was not a plausible solution.

Lippert needed a way to mitigate these injuries at the root but found it difficult to do so without the presence of on-site medical personnel. That's when they engaged the services of BIODNETIX for our science-based approach and expertise in injury prevention, body mechanics training, and education tailored to the specific concerns of Chassis employees.

THE BIODNETIX APPROACH

BIODNETIX On-Site Program Managers

We embedded licensed athletic trainers trained as BIODNETIX Program Managers directly into the highest-risk Chassis department facility to lead proactive, daily injury prevention efforts.

THESE MEDICAL EXPERTS:

STUDIED JOB TASKS TO DETERMINE AT-RISK ERGONOMIC BEHAVIORS and work with management to determine and implement the most viable engineering, ergonomic, and exercise-based mitigation techniques. Although large-scale engineering revisions were not possible, we identified and aided in the implementation of engineering solutions on a smaller scale with great success. One example was the development of a tool for Jig Operators to flip chassis beams in a way that eliminated pinch points and allowed for optimal body positioning.

TRAINED EMPLOYEES ON TASK-SPECIFIC, BODY MECHANICS BEST PRACTICES that were able to be coached in one-to-one interactions and through group education to change behaviors of existing employees and reinforce proper ergonomics for new hires. For example, Program Managers observed many cases of 'trigger finger' caused by the repetitive isometric movements involved in using welding guns. This discomfort was reduced through trainings on different grip styles for different tools.

DESIGNED AND IMPLEMENTED JOB TASK SPECIFIC EXERCISE PROGRAMS to help employees prepare and recover from the physical stresses of the jobs they performed.



OUR LEAD PROGRAM MANAGER was able to successfully communicate trainings and one-on-one interactions in both English and Spanish, leading to a significant portion of Lippert's majority Spanish-speaking workforce proactively requesting assistance and receiving the wellness benefits of meaningful engagements.

On-Site Injury Triage

BIOKINETIX's licensed medical professionals replaced an outside health clinic to provide triage services when an injury did occur. When working with a team member experiencing an ache, pain, or other abnormal condition, BIOKINETIX Program Managers are trained to follow the guidelines and regulations outlined in OSHA Section 1904, which identifies appropriate first aid interactions prior to the need to document an OSHA Recordable. The use of basic first aid techniques such as ice, heat and K-tape were immediate interactions that complemented the long-term benefits of body mechanics/postural coaching and pre-shift preparation routines.



"I initially had discomfort in my wrist and hand. Before working with BIOKINETIX, I could not completely squeeze my fist and had a lot of wrist pain. After working with BIOKINETIX, I have full function of my hand and I am continuing to improve each week."

LUIS F.,
PRODUCTION EMPLOYEE

THE RESULT?

A reduction in the risk of musculoskeletal injuries across the organization along with the corresponding drop in OSHA recordables, saving Lippert an estimated \$600,000 in workers' compensation claims costs.*

+ TRAINING & EDUCATION

In response to the high level of interest and engagement from employees on specific well-being topics, BIOKINETIX Program Managers started providing monthly training classes to address common at-risk behaviors and provide actionable techniques for mitigation. Classes ran between 45–60 minutes and featured topics customized to on-site observation as well as identified patterns in employee health concerns, such as Type II Diabetes management, nutritional tips, and stress management.

+ WARM-UP PROGRAMS

BIOKINETIX Program Managers also implemented warm-up programs that were time-efficient, easy to integrate, and grounded in sports medicine principles. Designed to activate muscles, prevent injuries, and prepare the body for daily tasks, the programs were applied across three Lippert facilities with each specific program tailored to the specific demands and job functions of that team, ensuring relevance, engagement, and long-term effectiveness.

+ BIOKINETIX PERSONAL PROGRAMS

Our Personal Programs provided one-on-one support to Lippert employees with specific musculoskeletal risks that included preventive and/or corrective exercise, identifying personal wellness goals, ergonomics coaching, and health and wellness support.



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THE IMPACT

What began as a very targeted injury prevention program for the Chassis department at one Lippert facility scaled to a multi-pronged safety and wellness approach at three facilities. On-site, dedicated licensed athletic trainers were able to help move the organization to a proactive approach to injury prevention by building trust and rapport with the frontline team members, many of whom were Spanish-speaking.



Early intervention program mitigation rate



Incident triage mitigation rate



On a 0-10 subjective soreness scale, the average reduction in soreness was 5.47 across 103 Personal Programs.



The average ending soreness upon program resolution was 0.76

WHY IT MATTERS

Our partnership with Lippert demonstrates how department-specific injury prevention and ergonomics training, along with addressing employee's health and well-being needs at an individual level, can garner significant wins on every level, from operations to the company's bottom line. It's a powerful example of our commitment to the Science of More UpTime.

THE SCIENCE OF MORE **UPTIME**

Interested in more information on how to implement an injury prevention program at your facility?

Contact us at info@biokinetix.com or 773-227-4447.