Presentation Title	Place in Schedule
Combining Wellness into a Repetitive Stress Injury Prevention Program	Concurrent Session 4.4 *Day 3 – Thursday* *May 10h, 2018* *1:15 – 2:30pm*
Description of Presentation	**Presenter Name(s) And Credentials**
Rapid Response (RR) is a three-phase Repetitive Stress Injury (RSI) prevention program for U.S. based Chevron employees. A staff of physical therapists, occupational therapists and ergonomic evaluators implement the three phases of the program, a workstation evaluation, a clinical screen and a job specific conditioning component. The program helps employees recognize signs of discomfort, encourages them to report early and emboldens them to reduce their risk of injury and make their personal health and safety a top priority. Over the past ten years, the Rapid Response program has seen over 10,000 participants, an average of 1,077 per year since 2010. Over this same time period, the program saw a resolution rate of ninety-three percent when employees reported discomfort in the low range (0-3/10). Despite this success, the RR program began to look at other possible factors of workstation discomfort. A year-long pilot, Rapid Response Enhancements, was implemented to evaluate the effects of providing wellness resources for those in discomfort. Each RR participant completed wellness questions on an intake form to give a baseline of their wellness. This pilot leveraged existing tools to provide a holistic and formal referral approach addressing known contributors to discomfort; non-work related activity, stress and wellness factors. The behavioral factors that were tracked included sleep, stress, physical activity, sitting, nutrition and tobacco use. Depending on the RR participants interest in improving specific areas	Michael Wasik, Med, ATC/L, CSCS, LMT *Chevron*

of their personal wellness, they were given Chevron resources to utilize. These resources included wellness flyers that linked discomfort to tobacco use, stress, lack of physical activity and poor nutrition. In Houston, they were also offered discomfort coaching. Participants we encouraged to utilize onsite resources. This included fitness centers, EAP/OMBUDS support and cafes. Upon discharge from the program, the RR participants were given the same wellness questions, the results were analyzed and compared to their discharge discomfort level. Data analytics were performed on the results which showed that stress and sleep had the most significant impact on workstation discomfort. The goal of this presentation is to share helpful tips from a successful RSI prevention program and discuss it's methods, enhancements and metrics designed to resolve computer related discomfort before the discomfort becomes an RSI that could require medical care or lost work time.	