

A simple, versatile safety program proven to reduce injuries



There are a lot of good reasons to develop a safety culture and train your employees to work safer. The question is how to do it.

One effective answer is Safety In Motion®/SIM4®.

The techniques used in Safety In Motion®, a proven safety training system, reduce the occurrence of strains and sprains (musculoskeletal injuries, technically speaking). This is the number one type of injury for SAIF policyholders, accounting for an average of 15,000 claims per year.

SAIF launched the Safety In Motion®/SIM4® system in 2009 to help employers reduce musculoskeletal injuries and help us deliver on our vision to make Oregon the safest and healthiest place to work.

SIM4® training has a proven record of reducing injuries. In a study conducted after two years of using the system, policyholders who used SIM4® had much better claim outcomes than those that did not receive SIM4® training during that two-year period.

	SIM4®- trained accounts	Non- SIM4® trained accounts	Percentage point difference
Total incurred claims costs	19.3% decrease	0.05% decrease	18.7
Claims costs from strains/sprains	8.5% decrease	13.2% increase	21.7
Claims frequency [strains/sprains]	6.3% decrease	7.3% increase	13.6

Based on a comparison using the two-year period prior to SIM4® training versus the two-year period after SIM4® training

Designed for how work is done

- Safety In Motion® makes risk reduction simple and practical because it's easy to understand, easy to remember, and easy to apply.
- Techniques are proven to reduce physical stress and strain, boost balance and strength, and improve productivity.
- Employees learn to make simple, practical changes in the way they reach, lift, carry, push, and pull. These changes make most tasks both easier and safer, on or off the job.

A practical learning tool

- Safety In Motion® is a versatile system based on four core training modules that can be delivered in 30 minutes, saving you time with minimal impact to productivity. You can provide some segments to employees in less than 15 minutes, or you can provide training on the 10 most important techniques in one 60-minute session. See page 2 for details.
- Safety In Motion® uses several methods to ensure that employees retain what they learn: live training, handout cards, and task-specific posters that reinforce key concepts.
- Training modules are customized by work environment and job task, and can be delivered in a variety of settings—from the tailgate of a truck to an auditorium.
- Training is most effective when it can be completed in person; however, Safety in Motion® has also added online versions of training for employers looking to reach remote employees.

Learn more

To find out how Safety In Motion® works and how it can reduce strains and sprains. Contact your SAIF safety management consultant.

Training module topics

Position Elbows Closer™: This is the fundamental Safety In Motion® module, focusing on elbow position and leverage zones. These simple techniques are designed to make work easier and reduce the risk of strains and sprains.



Use Mid-range Wrist Motions™: This module focuses on how you grip, push, and align your wrists to protect hands, wrists, and forearms.



Leg Strength and Balance: Focusing on using foot position to align our bodies for maximum strength and balance, this module helps you protect your knees, spine, and shoulders.



Lifting Options, Technique, and Pace™: This session ties many SIM® techniques together for better ways to lift and move materials.



SIM-plicity®: This module gives employers another SIM4® training option. SIM-plicity® covers 10 of the most important techniques from the other SIM4® modules, and takes 60 minutes. SIM-plicity® is ideal for refresher training or for a faster introduction of key techniques when training time is limited. For employers that mainly have office workers, there is a SIM-plicity® module specifically designed for the office environment, which typically lasts between 60 and 70 minutes.

eSIM® - These electronic modules cover the four basic training module topics, but they can be completed entirely online. Participants are required to do the activities with the online videos to get the full impact of the training.

Slip, trip, and fall - This new module includes many of the techniques covered in other modules that promote balance to prevent slips, trips and falls.

Content includes:

- Balanced Neck Alignments
- Traversing over and under
- Slippery surfaces (SIM march)
- Descending stairs (lifeline grip)
- Push vs. pull
- Balance re-energizer

Office module – This module applies the concepts to office environments, providing information on ergonomic adjustments and re-energizing exercises that combat prolonged static postures.

SIM-Fit® - Designed for the industrial athlete, this dynamic series includes upper and lower body warm-up exercises to re-energize before performing physical work tasks.

The SAIF advantage

This is an exclusive advantage for our customers, because SAIF is the only workers' compensation insurance company in Oregon licensed to provide Safety In Motion training.