

Safety and Health Investment Projects FINAL REPORT REQUIREMENTS

The purpose of the final report of your SHIP project is to:

1. Evaluate and document the achievements, challenges, and shortcomings of the project for the constructive benefit of others interested in learning from SHIP projects; and
2. Provide the Division of Occupational Safety and Health with information that shows:
 - a. The outcomes specified in the project application were met; and
 - b. The grant was used for the purpose(s) for which it was approved and in accordance with relevant WAC rules and any special conditions or requirements; and
 - c. The outputs of the project have been disseminated as specified in the application.

The report format has four sections:

1. Cover Sheet
2. Narrative Report (part I)
3. Financial Information (part II)
4. Attachments (part III)

Please provide complete and detailed information in the final report. If you have questions, please call your SHIP grant manager.

REMINDER!!: All products produced, whether by the grantee or a subcontractor to the grantee, as a result of a SHIP grant are in the public domain and can not be copyrighted, patented, claimed as trade secrets, or otherwise restricted in any way.

SAFETY AND HEALTH INVESTMENT PROJECTS FINAL REPORT

M.O.V.E. Musculoskeletal Injury Prevention & Occupational Virtual Education
2013XG00239
January 15, 2014 – March 15, 2015

John Carlson
jcarlson@integritysafety.com

Integrity Safety Services,
Associated General Contractors of Washington

July 15, 2015

John Carlson



Funding and support for this project has been provided by the State of Washington, Department of Labor & Industries, Safety & Health Investment Projects.

Integrity Safety Services is solely responsible for the content of and views expressed in this report and related materials unless they have been formally endorsed by the Washington State Department of Labor and Industries.

Cover Sheet for SHIP Final Report

PART I

Narrative Report

Abstract:

M.O.V.E. is a WMSD and Overexertion reduction and prevention training program. It is an educational tool that provides access to training and resources through an easy to access website and smartphone application. This includes awareness education and best practices for all industries along with task specific tip sheets on how to prevent and reduce specific WMSD's in high incident rate areas of work. These tools can be used either as a self-study course or can be used to supplement instructor led trainings and meetings.

Purpose of Project:

The purpose of the M.O.V.E. program is to provide the training necessary to reduce WMSD injuries and associated time loss. Increase management investment in safety by utilizing our effective, easy-to-use training program and tools, thus making it possible to spend more time on project sites enhancing safety.

This project was created with the intention of an increased understanding of WMSD challenges in multiple industries and an increased level of communication between worker and educator to improve worker health and safety.

Statement and Evidence of the Results:

The M.O.V.E. program has been implemented and taught to several companies and organizations at the time this report was written. Of the groups this program was presented to, most had no prior WMSD training or education programs. As a no-cost option for a necessary area of training the program was well received at the initial rollout. Multiple companies have adopted the program as part of their safety and health policy including Miles Resources, Walsh Construction, Ceko Concrete and Columbia Roofing and Sheet Metal, Lakeside

Measures to Judge Success:

The measurable outcomes for a project of this nature will continue to take time to see both the monetary outcomes and statistical shifts in injuries. The intention of WMSD awareness and education is prevent injuries that are often a result of long term repeated movements and for that reason the appreciable reduction in injuries of that nature are often evident long after the implementation of the training. There are however short term and immediate affects of the practices taught in this program. Morale typically improves as a company shows effort in regards to employee safety and health. Best practices that can prevent discomfort and fatigue can contribute to better production and healthier employees.

Relevant Processes and Lessons Learned:

The processes required to complete this project include consulting from a professional ergonomist, website designer, and an iOS/Android application developer. Choosing whether to outsource or attempt the processes in house was a key decision in the production of the program. There is no replacement for the knowledge industry professionals bring to the program. Some aspects of the program were to be performed in-house and other features were completed by subcontractors.

The digital nature of the delivery system means the tools and applications used are constantly changing. Website design tools improved appreciably even over the relatively short 12-month project period. Templates and online tools continue to grow and become more user-friendly and this will only make it easier to implement content of this nature in the future. If this project was to expand or a similar project was to be made, less time would be spent consulting with custom app developers as many of the tasks can now be completed using other methods as described above.

Product Dissemination:

This project is available to anyone with access to a smartphone or internet. Apps are available on both iPhone and Android platforms. The website can be accessed from any internet capable device including non-iOS/Android smartphones.

Feedback:

"We greatly value the M.O.V.E. Program for what it brings to our company in terms task oriented training. We have been using the Stretch and Flex program prior to 'M.O.V.E.' and have had great results. The fact that it is available at no cost is a big bonus." *Bob Bruce – American Heating*

"The M.O.V.E. program has been in place at Miles for about 3 months now. We have used it both in our formal training but also at our Monday weekly safety meetings. I like that I can access the tip sheets wherever I am" *Doug Stiffarm – Miles Resources*

Project's Promotion of Prevention:

The M.O.V.E. Program directly and immediately affects one the leading causes of injuries in construction. The tip sheets provide access to best practices that can improve the way workers perform their tasks. The easy access of this program provides a no-excuse set of materials that can be accessed nearly everywhere and does not require a typical classroom-training environment. This promotes implementation and continued use.

Uses:

These products are currently being used by an increasing number of companies in and around Washington State. The electronic nature of the deliverables in this project makes access easy for all.

The concepts and ideas presented in the M.O.V.E. program are not just limited to the construction industry. This program has already been adopted for use by companies in manufacturing and by office staff as well. Programs such as Stretch & Flex are widely used throughout many industries.

Organization Profile:**Integrity Safety Services**

Integrity Safety Services has been serving the construction industry nationally for over seven years. Over these years Integrity Safety has helped many companies develop and improve safety and health programs. Integrity Safety exists to provide excellent value and service to the construction and general industry community in a practical effective manner.

AGC of Washington

Mission: AGC of Washington is a professional association of contractors who join together to enhance the performance and representation of our members, promote the respect and integrity of our industry, and improve the quality of life in our communities.

Values: AGC of Washington, its members and staff will strive to represent the following core values in all their interactions: Skill, demonstrated by quality, competence and education; integrity, demonstrated by ethical, honest and credible behavior; and responsibility, demonstrated by commitment to deliver value to our members and customers.

Additional Information

Project Type <input checked="" type="checkbox"/> Best Practice <input checked="" type="checkbox"/> Technical Innovation <input checked="" type="checkbox"/> Training and Education Development <input type="checkbox"/> Event <input type="checkbox"/> Intervention <input type="checkbox"/> Research <input type="checkbox"/> Return to Work <input type="checkbox"/> Other (Explain):	Industry Classification (check industry(s) this project reached directly) <input checked="" type="checkbox"/> 11 Agriculture, Forestry, Fishing and Hunting <input checked="" type="checkbox"/> 21 Mining <input checked="" type="checkbox"/> 22 Utilities <input checked="" type="checkbox"/> 23 Construction <input checked="" type="checkbox"/> 31-33 Manufacturing <input type="checkbox"/> 42 Wholesale Trade <input type="checkbox"/> 44-45 Retail Trade <input checked="" type="checkbox"/> 48-49 Transportation and Warehousing <input type="checkbox"/> 51 Information <input type="checkbox"/> 52 Finance and Insurance <input type="checkbox"/> 53 Real Estate and Rental and Leasing <input type="checkbox"/> 54 Professional, Scientific, and Technical Services <input type="checkbox"/> 55 Management of Companies and Enterprises <input type="checkbox"/> 56 Administrative and Support and Waste Management and Remediation Services <input type="checkbox"/> 61 Educational Services <input type="checkbox"/> 62 Health Care and Social Assistance <input type="checkbox"/> 71 Arts, Entertainment, and Recreation <input type="checkbox"/> 72 Accommodation and Food Services <input type="checkbox"/> 81 Other Services (except Public Administration) <input type="checkbox"/> 92 Public Administration														
Target Audience: The target audience is not limited to one industry classification. The program can be used by anyone from construction to office workers.															
Languages: English only															
Please provide the following information - - <i>(information may not apply to all projects)</i>	List, by number above, industries that project products could potentially be applied to. 11, 21, 22, 23, 31-33, 48-49 etc.														
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 80%;"># classes/events:</td><td></td></tr> <tr><td># hours trained</td><td></td></tr> <tr><td># students under 18</td><td></td></tr> <tr><td># workers</td><td></td></tr> <tr><td># companies represented</td><td></td></tr> <tr><td># reached (if awareness activities)</td><td></td></tr> <tr><td>Total reached</td><td></td></tr> </table>	# classes/events:		# hours trained		# students under 18		# workers		# companies represented		# reached (if awareness activities)		Total reached		Potential impact (in number of persons or companies) after life of project? Truly unlimited
# classes/events:															
# hours trained															
# students under 18															
# workers															
# companies represented															
# reached (if awareness activities)															
Total reached															
Have there been requests for project products from external sources? Yes <i>If Yes, please indicate sources of requests:</i> Current customers of Integrity Safety and AGC of Washington have made requests for the project content.															

Commented [cec1]: With companies being listed in the other sections, there should be numbers in several of these items in this section

PART II

Financial Information Budget Summary

Project Title: M.O.V.E. Musculoskeletal Injury Prevention & Occupational Virtual Education

Project #: 2013XG00239

Report Date: July 15, 2015

Contact Person: John Carlson

Contact #: 360-574-6071

Start Date: 1-15-14

Completion Date: 12-31-14

1.	Total original budget for the project	\$ <u>135,700.75</u>
2.	Total original SHIP Grant Award	\$ <u>105,600.75</u>
3.	Total of SHIP Funds Used	\$ <u>105,600.75</u>
4.	Budget Modifications (= or - if applicable)	\$ <u>0.00</u>
5.	Total In-kind contributions	\$ <u>30,100.00</u>
6.	Total Expenditures (lines 3+4+5)	\$ <u>135,700.75</u>

Instructions:

- Complete the Supplemental Schedule (Budget) form first (on the next page).
- The final report must include all expenditures from date of completion of interim report through termination date of grant.
- Indicate period covered by report by specifying the inclusive dates.
- Report and itemize all expenditures during specified reporting period per the attached supplemental schedule.
- Forms must be signed by authorized person (see last page).
- Forward one copy of the report to **Grant Manager Name, SHIP Grant Manager at PO Box 44612, Olympia, WA 98504-4612**

PART II (Continued)

Financial Information

Supplemental Schedules (Budget)

Project Title: M.O.V.E. Musculoskeletal Injury Prevention & Occupational Virtual Education

Project #: 2013XG00239 **Report Date:** July 15, 2015

Contact Person: John Carlson **Contact #:** 360-574-6071

Total Awarded: \$135,700.75

ITEMIZED BUDGET: How were SHIP award funds used to achieve the purpose of your project?

	Budgeted for Project	Amount Paid Out	Difference
A. PERSONNEL	\$66,525.55	\$66,525.55	\$0
Explanation for Difference and other relevant information: NA			

	Budgeted for Project	Amount Paid Out	Difference
B. SUBCONTRACTOR	\$12,500	\$12,500	\$0
Explanation for Difference and other relevant information: NA			

	Budgeted for Project	Amount Paid Out	Difference
C. TRAVEL	\$6,595.20	\$6,595.20	\$0
Explanation for Difference and other relevant information: NA			

	Budgeted for Project	Amount Paid Out	Difference
D. SUPPLIES	\$7,500	\$7,500	\$0
Explanation for Difference and other relevant information: NA			

	Budgeted for Project	Amount Paid Out	Difference
E. PUBLICATIONS	\$10,000	\$10,000	\$0
Explanation for Difference and other relevant information: NA			

	Budgeted for Project	Amount Paid Out	Difference
F. OTHER	\$2,480	\$2,480	\$0
Explanation for Difference and other relevant information: NA			

	Budgeted for Project	Amount Paid Out	Difference
TOTAL DIRECT COSTS	\$105,600.75	\$105,600.75	\$0
	Budgeted for Project	Amount Paid Out	Difference
TOTAL INDIRECT COSTS	\$0	\$0	\$0
	Budgeted for Project	Amount Paid Out	Difference
TOTAL SHIP BUDGET	\$105,600.75	\$105,600.75	\$0

	Budgeted for Project	Amount Paid Out	Difference
G. IN-KIND	\$30,100	\$30,100	\$0
Explanation for Difference and other relevant information: All indirect costs covered under			

in-kind contributions.

I hereby certify that the expenditures listed on this report were made with my approval:

Date

Signature of Project Manager

PART III
Attachments:

All project resources are available online only.

Web address: www.wamove.com

iPhone: <https://itunes.apple.com/us/app/m.o.v.e.-musculoskeletal-injury/id979598625?mt=8>

Also can be found by searching “Move WMSD” in the Apple App store.

Android: <https://play.google.com/store/apps/details?id=com.wamove.move&hl=en>

Also can be found by searching “Move WMSD” in the Google Play store.

REMINDER!!: All products produced, whether by the grantee or a subcontractor to the grantee, as a result of a SHIP grant are in the public domain and can not be copyrighted, patented, claimed as trade secrets, or otherwise restricted in any way.