



The *All the Right Moves* Program Improves Ergonomic Practices and Reduces Pain and Injury Incidents on Construction Sites

Total Worker Health Implications

The *All the Right Moves* (ARM) program targets the conditions of work and workers' health behaviors through a worksite ergonomics program combined with a worksite health promotion week.

- The ARM program (see figure below) focuses on the commercial construction industry - a highly dynamic work environment with significant physical hazards.
- Construction workers have higher rates of musculoskeletal disorders and chronic diseases related to obesity, lack of physical activity, and smoking compared to workers in other industries.

Data Collected

The study evaluated the effectiveness of ARM through implementation across 10 construction sites.

- At all study sites, worker surveys were collected before and after the intervention, as well as six months later.
- Using the surveys, the researchers evaluated the effect of the intervention on pain and injury, dietary and physical activity behaviors, smoking, ergonomic practices, and work limitations.

Study Findings

Short-term improvements in ergonomic practices and in incidence of pain and injury were observed after the intervention.

- At six months, improvements included increased recreational physical activity and higher consumption of fruits and vegetables.
- The ARM program had a positive impact at the individual level on the worksites with the program. For the longer term, the multi-organizational structure in the construction work environment needs to be considered to facilitate more sustainable, long-term changes.

1. Soft Tissue Injury Prevention Program (SIPP) for six weeks



2. Health Week

The goal of Health Week was to provide health education through toolbox talks during breaks and engage workers in an opt-in coaching program to facilitate health behaviors. Topics covered:

- Benefits of health coaching
- Soft tissue injury prevention
- Smoking cessation
- Diet
- Physical activity
- Free health coaching by phone
- Free two-week supply of nicotine replacement therapy

Full Publication

Peters SE, Grant MP, Rodgers J, Manjourides J, Okechukwu CA, Dennerlein JT. A Cluster Randomized Controlled Trial of a Total Worker Health Intervention on Commercial Construction Sites. *International Journal of Environmental Research and Public Health*. 2018; 15(11):2354.

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