

Fit For Work



A Comprehensive Approach to Wellness at Goldcorp's Wharf Mine

Mining History



What?



Health

+

Wellness

+

Safety



Magic!



Tough Environment



Physically
Challenging



Exhausting



Occupational
Health/Safety
Risk Factors



Cultural
Health/Safety
Risk Factors



So
what
happens?



Employer

Benefits

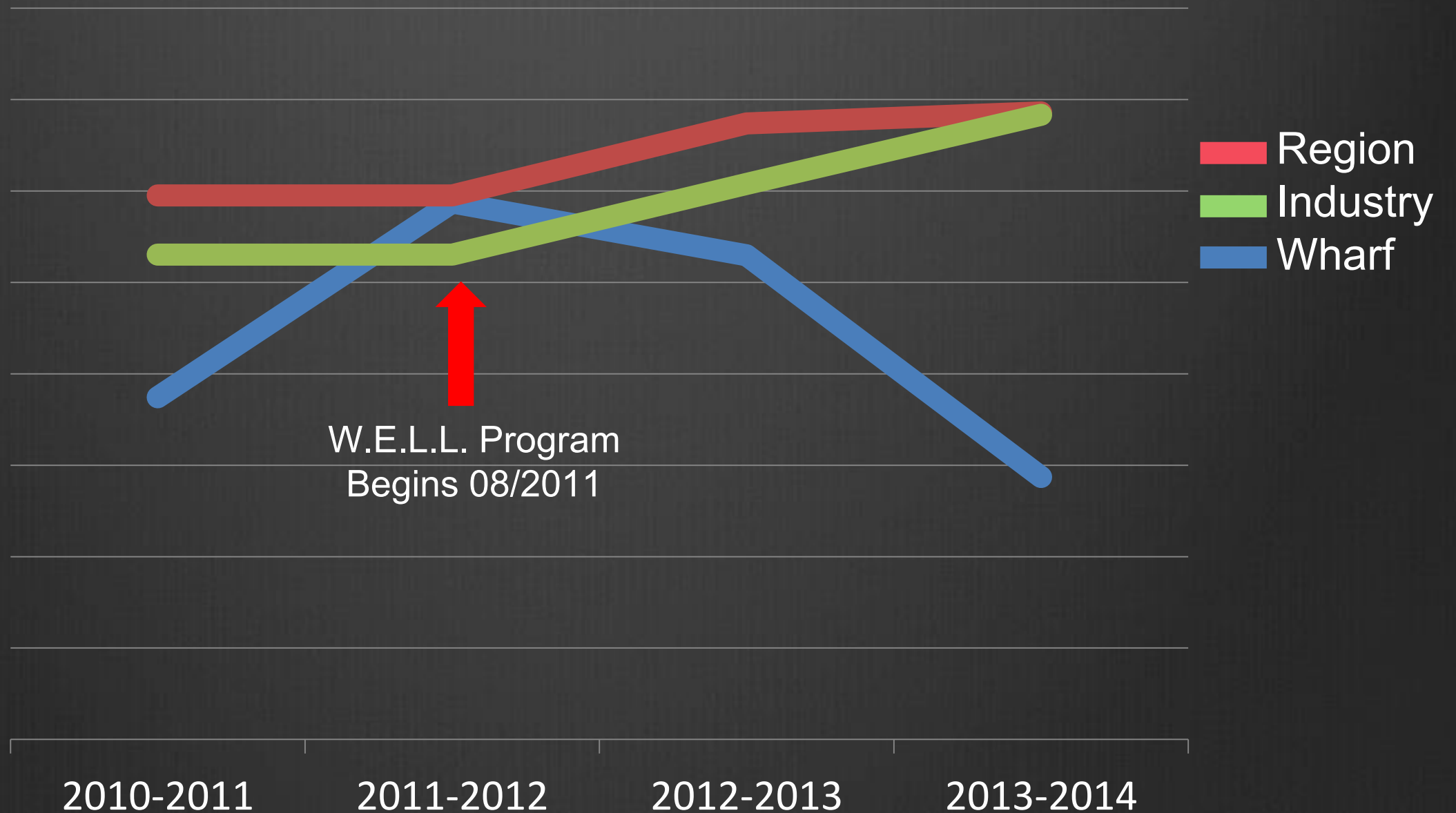


Lower Health Spending



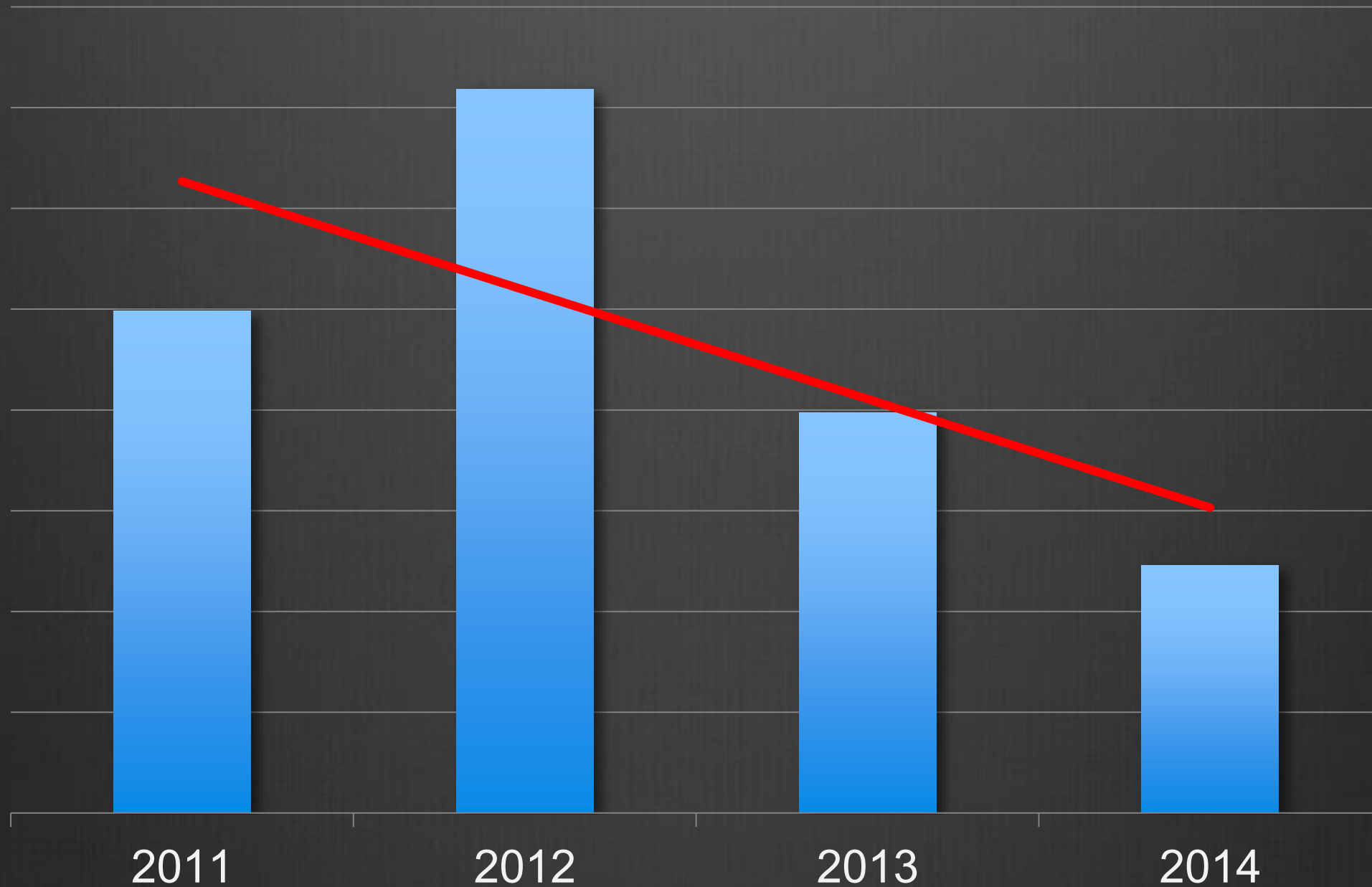
Health Benefits Utilization Trend

Total PEPY Medical Cost Trends claims, premiums, Rx



Health Benefits Utilization Trend

Musculoskeletal Claims Costs



ROI = \$3.41



Lower
Workman's
Comp
Spending



Workman's Comp Loss Trend



Large Claim in 2011 – 20% increase in workforce in 2014
61% reduction in fitness related incidents from 2012-2014
ZERO Harm Slips, Trips, Falls 2013 and 2014

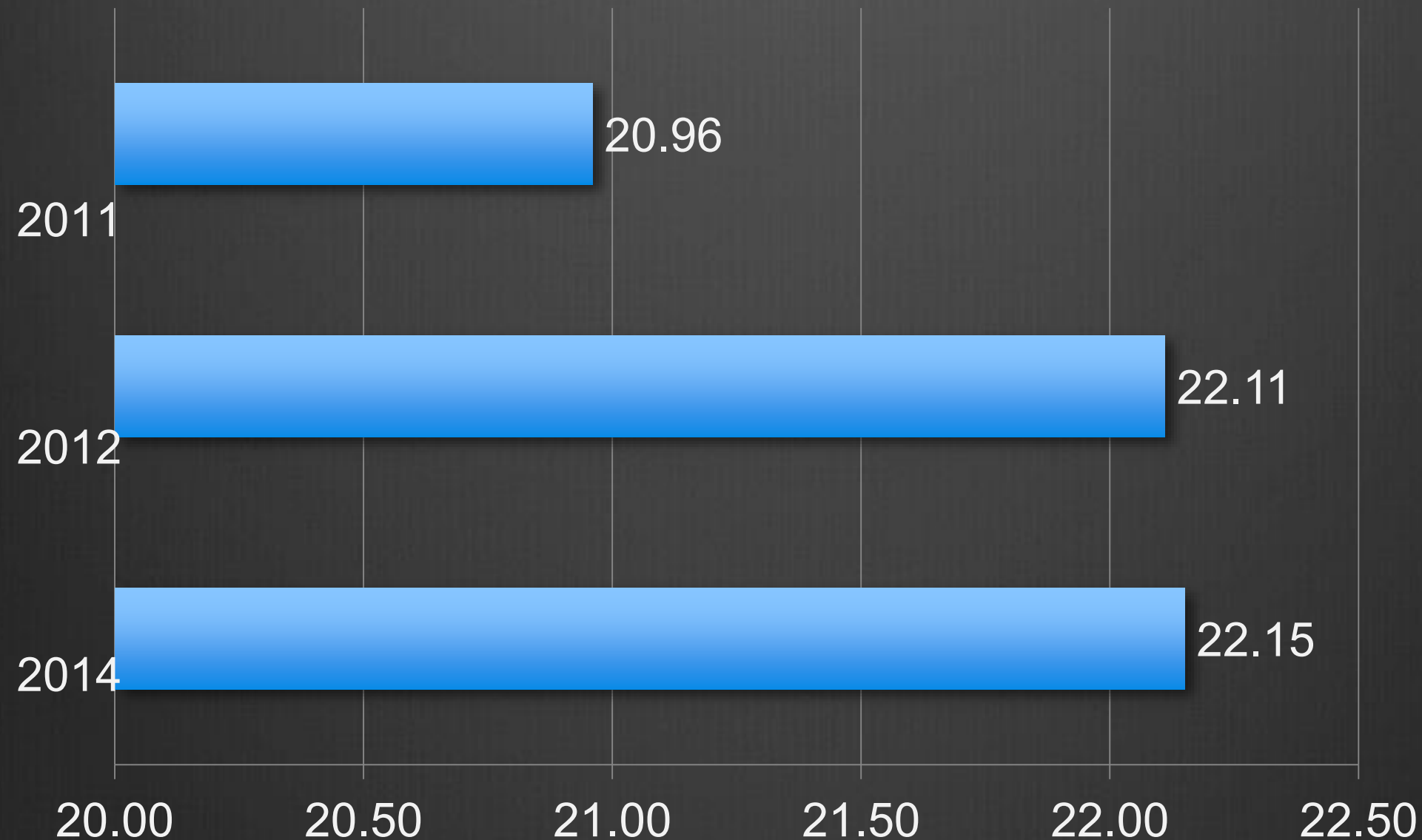
Higher
Productivity



Pain and Productivity: SPS-6

Increases in Pain Related Productivity

5.67% overall increase in productivity



Low	Below Average	Average	Above Average	High
6-10	11-15	16-20	21-25	26-30

ESS STRESS STRESS

Lower

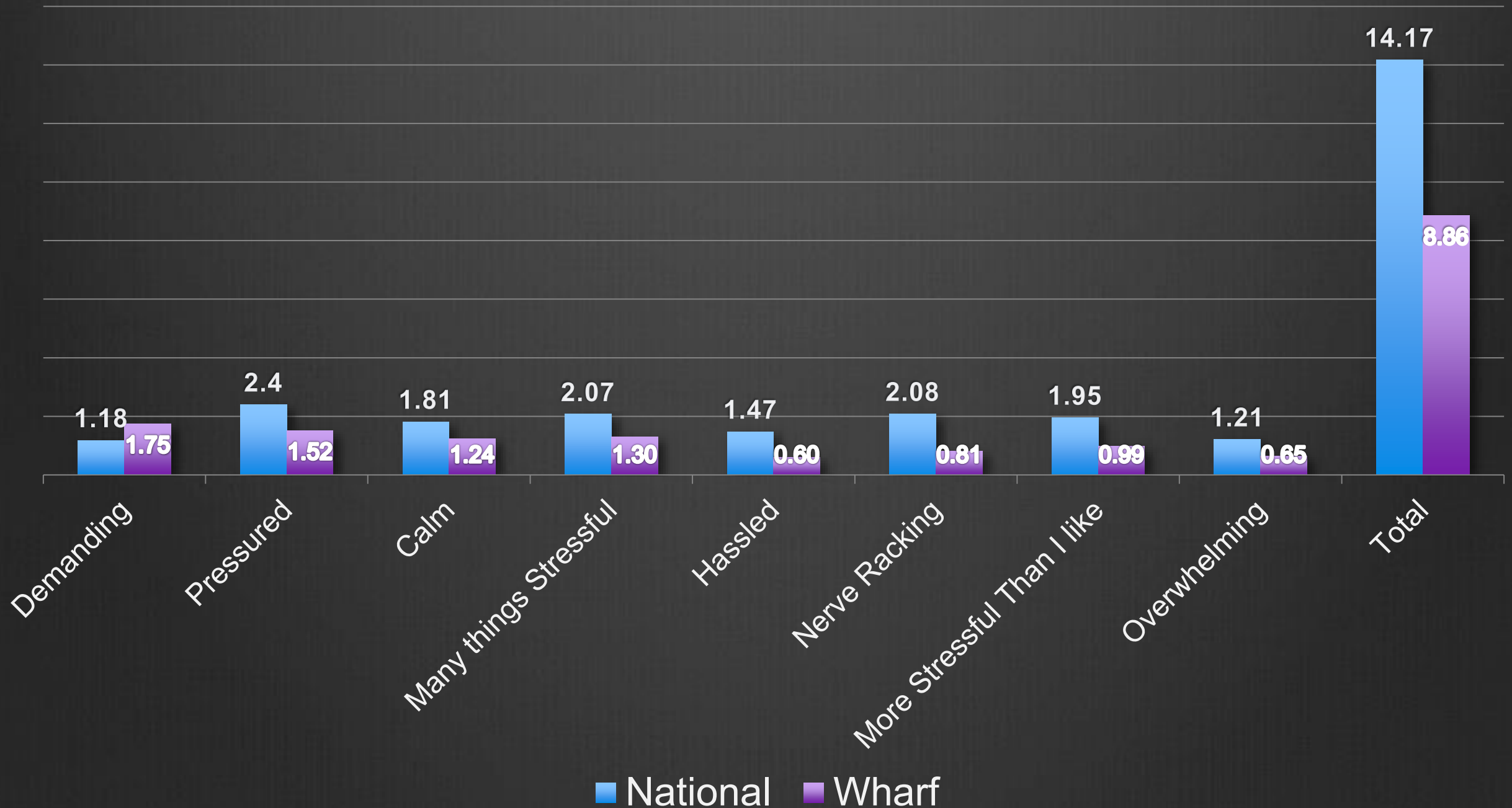
Work Stress



Job Stress: JIG

Job Stress Score by Category Compared to National Scores

as measured on the JIG



Employee Benefits

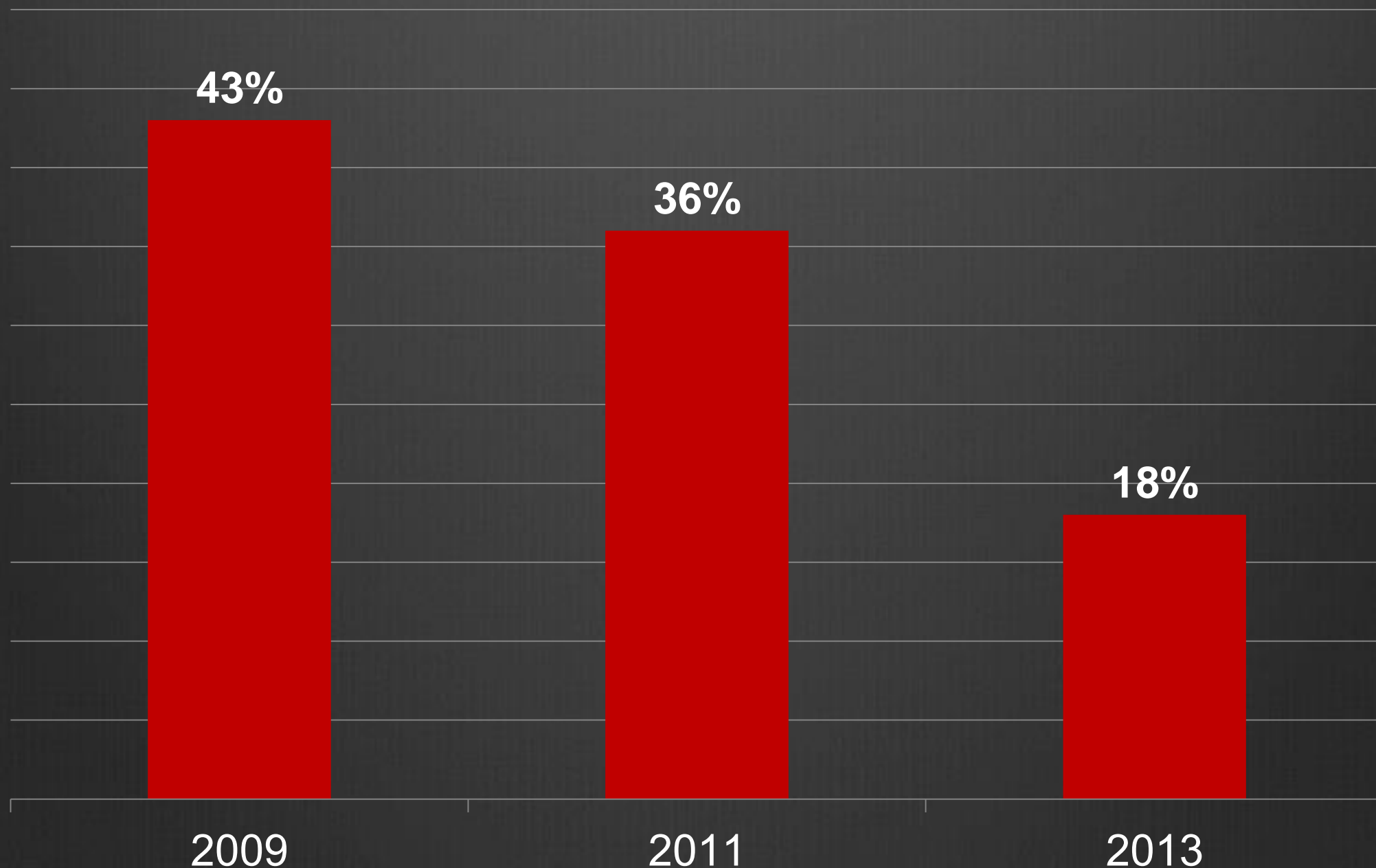


Lower
Health
Risks



Changes in Health Risks

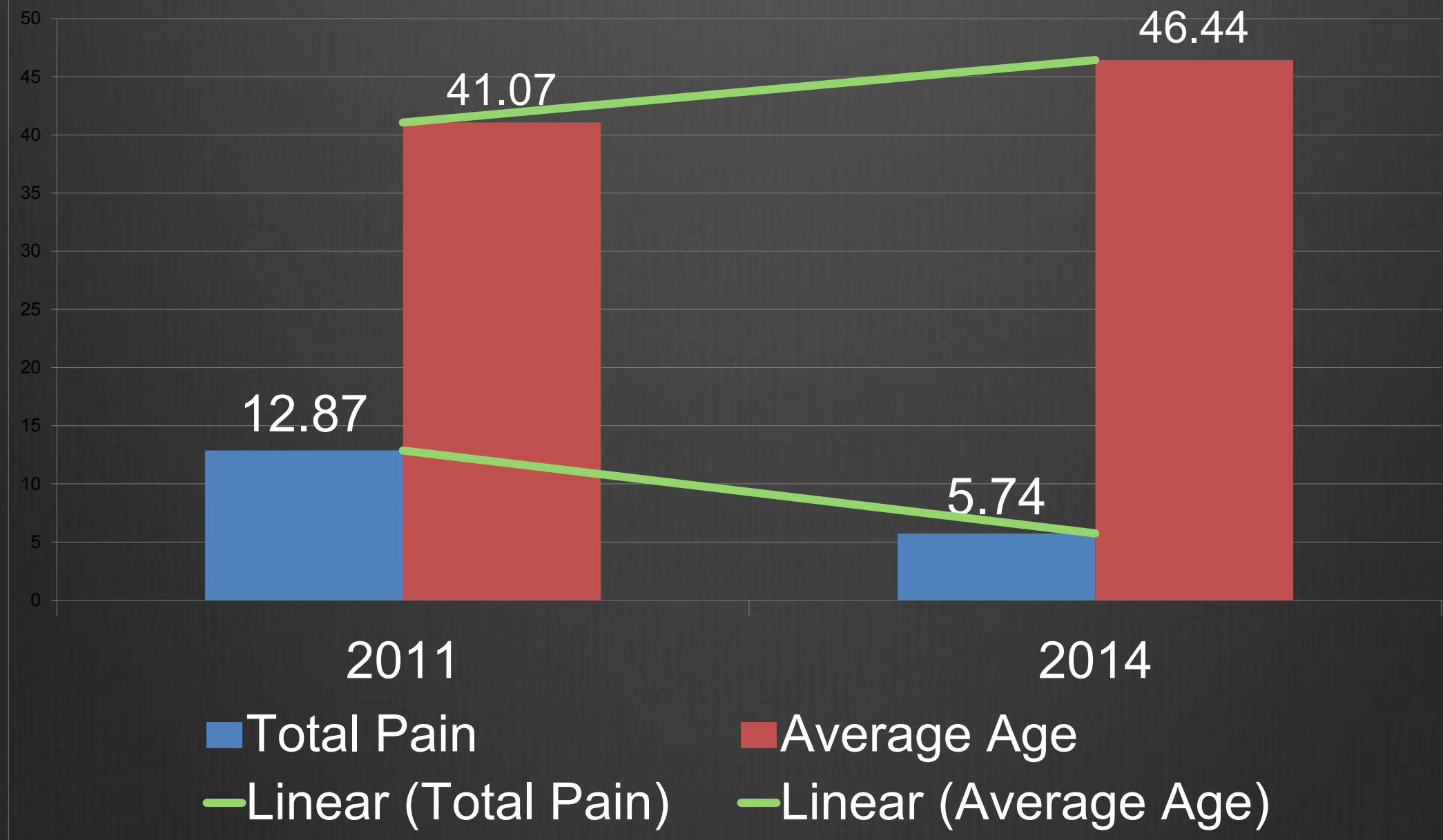
% of High Risk Employees
5+ risk factors



A collage of anatomical illustrations showing various parts of the human skeleton, including the spine, joints, and limbs, with glowing red areas indicating pain or inflammation. The illustrations are arranged in a scattered, overlapping manner on a dark blue background. Key elements include: a central illustration of a human torso showing the spine and ribcage; several smaller illustrations of joints (knees, elbows, wrists, ankles) with glowing red areas; and various views of the pelvis and hips. The overall theme is musculoskeletal health and pain management.

Changes in Bodily Pain

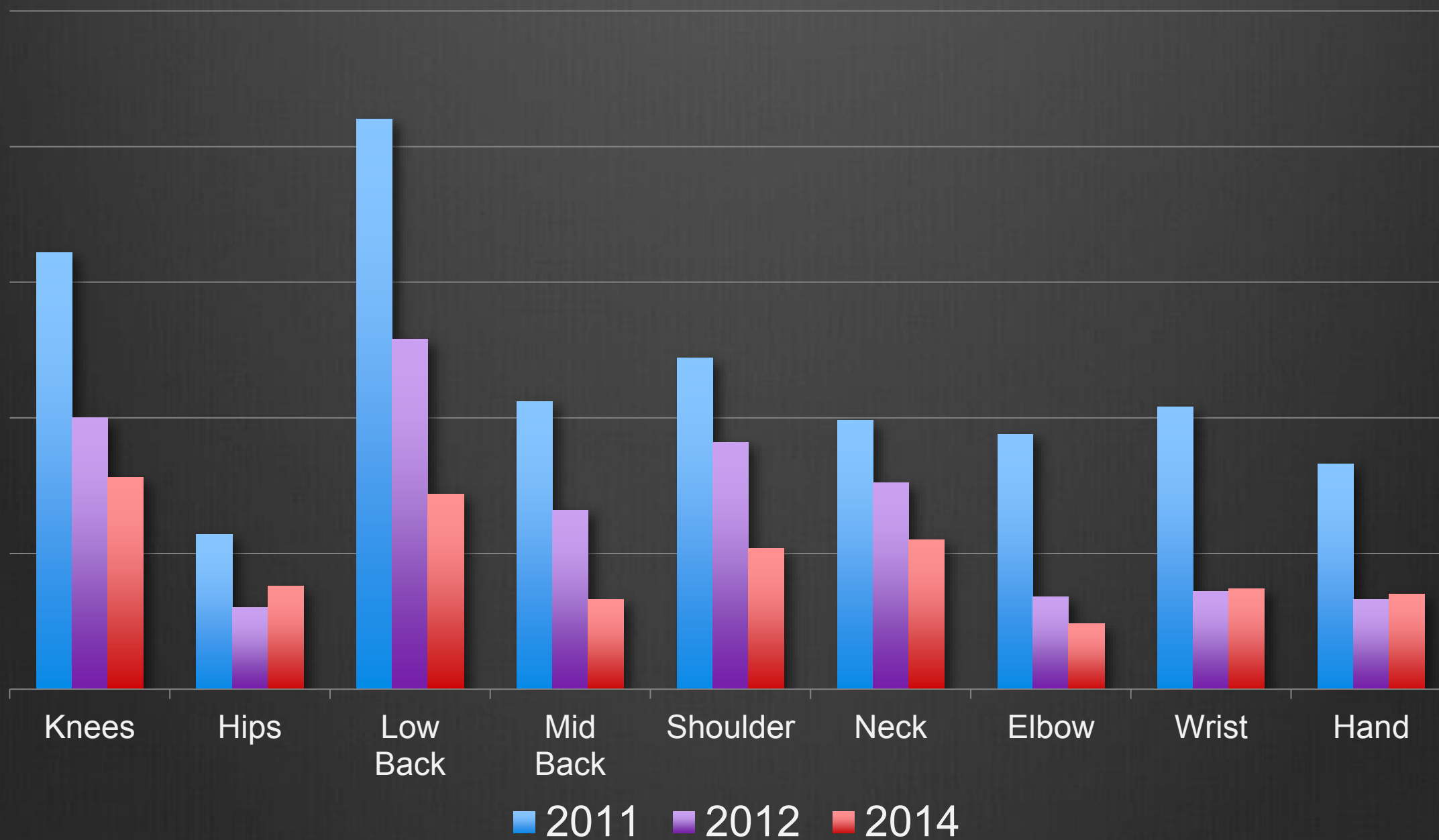
Self Reported Total Pain Comparison
2011-2014



0 –10 Numeric Pain Rating Scale

Changes in Bodily Pain

Changes in Bodily Pain by Body Part *2011-2014*



0 – 10 Numeric Pain Rating Scale

Reduced
Chance of
Injury

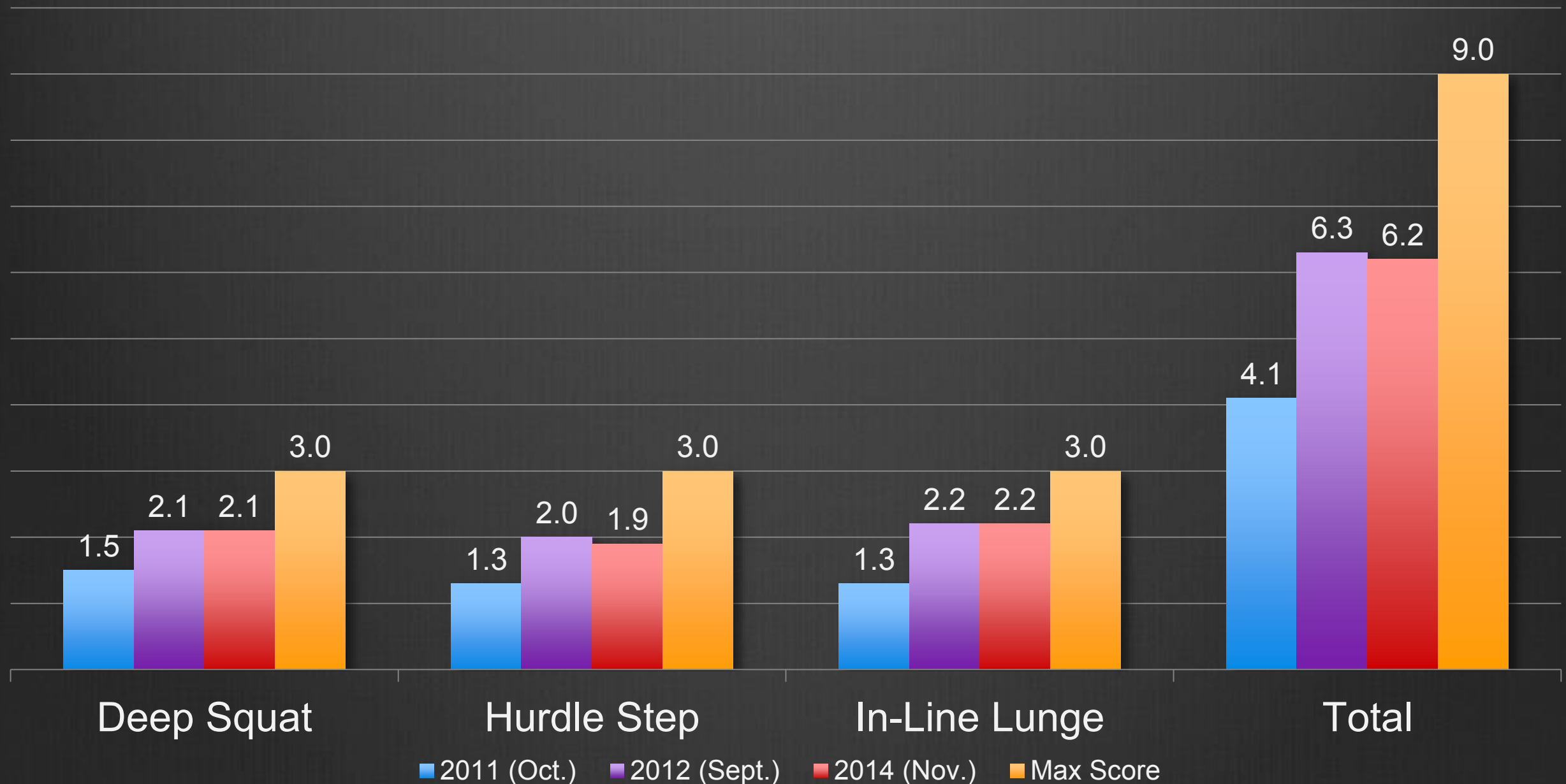


Changes in Movement Competency

FMS Screening Results by Screen

2011-2014

scores > 2 (individual) and > 6 (total) indicate reduced risk of injury



Functional Movement Screen (FMS)

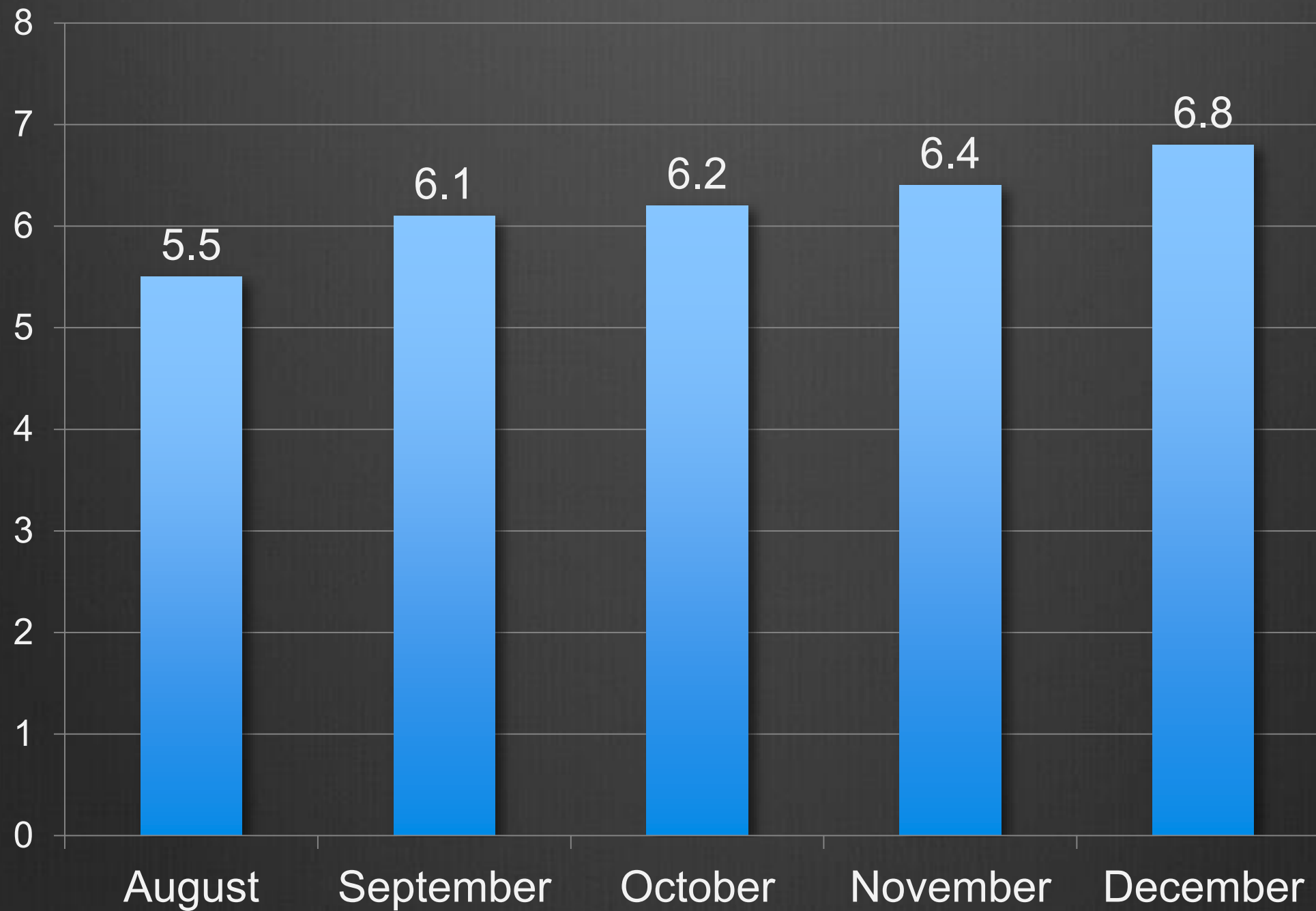
Better

Sleep



Changes in Sleep

Changes in Nightly Sleep



Measured by Withings Pulse o2

ROCK SOLID@WORK

Best
Practices
+
Next
Practice



= Solutions



Every Shift



Rock Solid@Work™



Fit For Work



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