



**Cascade**  
**Ergonomics**  
Lets get you comfortable

# Ergonomic Services Proposal

**Cindy Powell**

Ergonomic Consultant

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# GREETINGS FROM CASCADE ERGONOMICS

Hello, I'm Cindy Powell and I am delighted to partner with businesses to provide customized ergonomic solutions for office and technical employees. I have seen and felt what a tremendous difference this can make for myself, for workers and especially for business owners.

Too often business owners are burdened with trying to figure out solutions themselves, or worse, end up paying for injured employees. There is a lot of information to sort through and it's easy to miss key adjustments or spend money on the wrong equipment. What I end up seeing are owners who have become overwhelmed by this process.

The good news is that working with Cascade Ergonomics makes workplace comfort fully achievable and most importantly, affordable. I understand that most businesses cannot afford large expensive ergonomic programs. That's why I focus on providing value and tailoring services to fit your business so that you only pay for what you need. Should your needs change, I am only a phone call away.

My entire career has evolved around helping others to feel and perform better including thousands of workers worldwide from some of the largest companies. My unique background helps to dial in the causes of discomfort and provide effective, budget-friendly solutions. I have even been called "The Chair Lady".

I especially like how quickly results can be achieved and knowing that I can help employees work comfortably and productively all day long.

**Let's get your employees comfortable!**



# MEET YOUR PROVIDER



**Cindy Powell, MPT, ATC, STS, CEAS III, AOEAS**

Ergonomic Consultant

Physical Therapist, MPT

Certified Athletic Trainer, ATC

Strength Training Specialist, STS

## EXECUTIVE SUMMARY

This proposal outlines both on-site and virtual ergonomic services for businesses.

**"No worker should have to suffer with pain or injury from a desk job when easy solutions are available."**

### RESULTS

Employees need a professional who can get to the root cause of any issues and dial in quick and simple adjustments or solutions with available resources.

### AFFORDABLE OPTIONS

Employers need affordable help tailored to each business so you only pay for what you need: No cost...low cost...mid-priced...top tier solutions

### HELP WITH SOURCING

Employers need expert advice when choosing and sourcing chairs or equipment to save time and to stay within their budget.

# PROPOSED SERVICES

## TAILORED SERVICES:

One of the fears of business owners is that ergonomic services are too costly. That's why Cascade Ergonomics offers tailored services so that you only pay for what you need at an affordable rate. My goal is to provide great value to businesses and develop lasting relationships so that you choose Cascade Ergonomics for any future ergonomic needs.

### Free Lunch and Learn (Optional)

- Short 20-30 minute introduction to ergonomics
- Basic workspace tips and self-care recommendations
- Optional discomfort survey to identify at-risk workers

### Hourly Rate Sweep of Office and Technical Workers (Optional)

- **Economical way to determine workplace ergonomic issues**
- Includes a report with lowest to highest cost recommendations
- Can return for follow-up, adjustments and wellness programs
- Discomfort survey before and after to identify at-risk workers and document program results
- Can be scheduled as needed or as part of an ongoing **safety program**

### One-On-One Ergonomic Assessment (Optional)

This is a more comprehensive evaluation designed for at-risk employees with discomfort issues, challenging workspaces or those in need of equipment. Ergonomic assessments can be scheduled **right away** to prevent full blow injuries/Work Comp claims and may help with accommodations for injured workers. Ergonomic assessments include:

- A written report with recommendations
- Assistance making proper adjustments and sourcing equipment
- Educational handouts and wellness strategies
- 1 follow-up visit to ensure fit and comfort



# PROPOSED SERVICES CONTINUED

## **Choose On-Site or Virtual Ergonomic Assessments:**

Cascade Ergonomics offers the option of on-site or virtual assessments to office employees and home workers. Clients find virtual assessments to be very effective with the added benefits of being more efficient and affordable than on-site visits.

## **Specialized Services (Optional)**

- Assessments and support for Worker's Compensation cases
- Stay-at-work or return-to-work accommodations and support
- Monthly, quarterly or yearly trainings, sweeps or follow-ups
- Implementation of wellness and safety programs

## **Train the Trainer Program (Optional)**

- Training for supervisors and safety personnel
- Learn to identify at-risk employees
- Learn simple employee education tools
- Learn to roll out prevention and safety programs
- Learn how to manage common ergonomic issues and discomfort
- Implement employee wellness programs that work

## **Equipment Recommendations and Lists (Optional)**

Another fear of business owners is that a provider will come on site and recommend expensive equipment to every employee. My role is to assess employees in their work environment and provide a report to decision makers. Reports include recommendations that are tiered from no or low cost solutions all the way to more expensive solutions. That way, business owners can decide what is right for their budget.

## **Cascade Ergonomics Can Help: (Hourly Rate)**

- Recommend chairs and equipment within budget
- Collaborate with decision makers on approved equipment lists
- Provide specialized solutions for challenging workspaces
- Assist with special sizing needs



## CLIENT FEEDBACK

"I am so thrilled by the results I am experiencing after meeting with Cindy for my virtual ergonomic assessment. I went from experiencing neck strain, numbness in my arms, and back pain to none at all. Our consultation was extremely informative and catered to my specific frame and issues. For someone who sits at their desk, sometimes upwards of 10 hours a day, the consultation with Cindy changed my life. As young as I am, had I continued on the path I was on, I have no doubt I would have developed severe issues in a short time frame that would have continued to wreak havoc on my life for years. I am beyond grateful for Cindy's assistance and would recommend anyone and everyone to book their consultation. It will change your life."

Christa Barone, Director of Operations

"This has been very helpful, just making these slight adjustments has reduced the pressure from my wrist. Thanks again."

N. N. Regional Facilities Manager

"I cannot say enough regarding Cindy's amazing talents in Ergonomics. Fortunately for us as her customers, she is enthusiastic to help us identify what equipment works best to suit our needs. Beyond that, she is kind, compassionate and works within the confines of any time constraints."

Christine Roberts, MS, OTR/L

Owner of Therapeutic Supportive Healing

"All the tips that you shared are very valuable and I am sure, are going to make working easier for me. I can already imagine a life with lesser aches and pains. Unlearning is a challenge and learning how to sit and work properly is indeed a huge one. I didn't know I was working in such a harmful manner. I appreciate your help. Thanks so much."

R. R. Software Engineer

"I can already feel the difference and I passed the information on to the other members of our team".

M. B. IT Field Tech

**[Visit us at CascadeErgonomics.com](https://cascadeergonomics.com)**

**or email [cindy.cascadeergonomics.com](mailto:cindy.cascadeergonomics.com) for  
pricing and questions**