

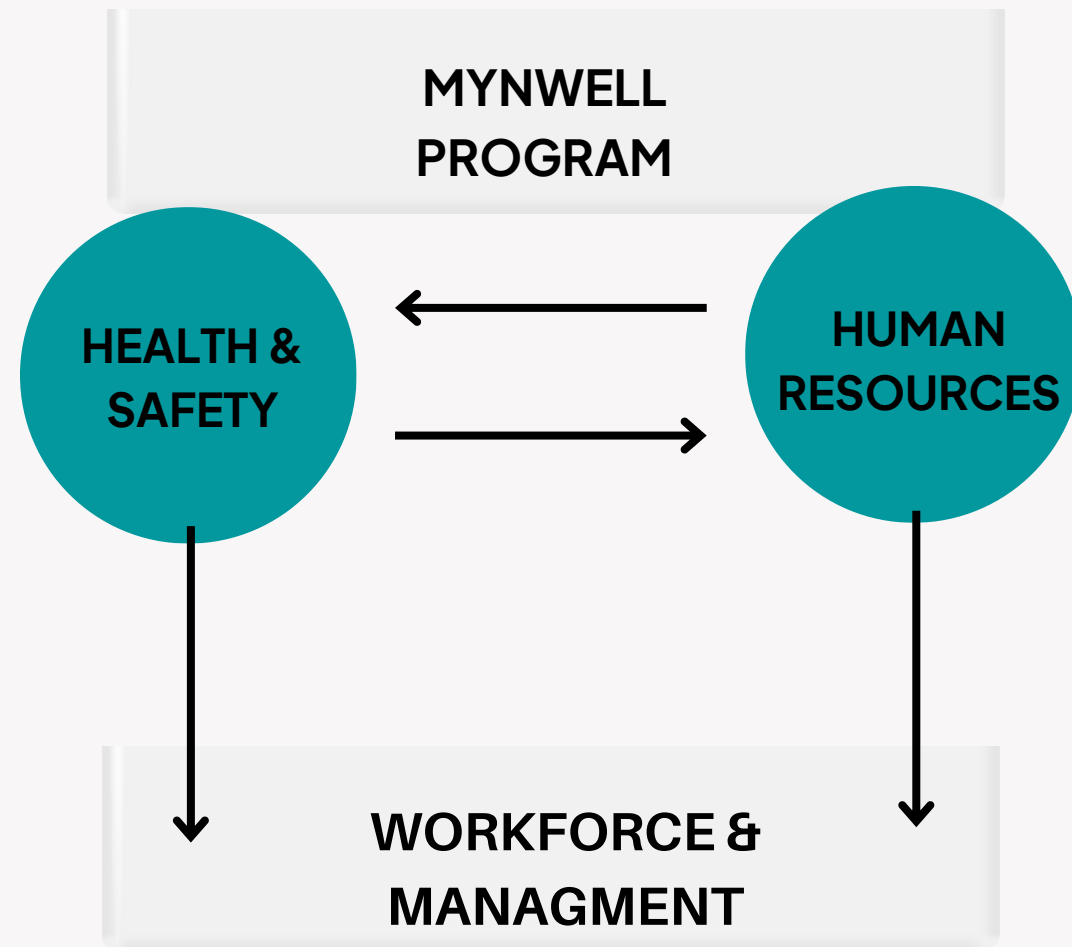
# The Evolution of the Mining Athlete

*Shifting to a zero-injury workforce*



**Mario Causevic**  
**Brian Richard**

# OUR TEAM



## MYNWELL

### Team of Health & Wellness Experts

Onsite Team Holistic & Multidisciplinary

Injury Prevention & Ergonomics

# AGENDA

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## Building the Mining Athlete

1- Industry Challenges

2- New Approach: shifting to a new culture

3- Dissecting the Industrial Athlete

4- Common Injuries

5- Injury Prevention & Ergonomics

6- Prevention Outcomes

7- Q&A

# INDUSTRY CHALLENGES

**PHYSICAL  
DEMANDS OF JOB**

**HIGH RTW AND  
DISABILITY  
NUMBERS**

**GENERALIZED  
APPROACH**

**REACTIVE VS.  
PROACTIVE  
MODEL OF CARE**

**SITE  
ENGAGEMENT**

**STIGMA  
& WELLNESS  
CULTURE**

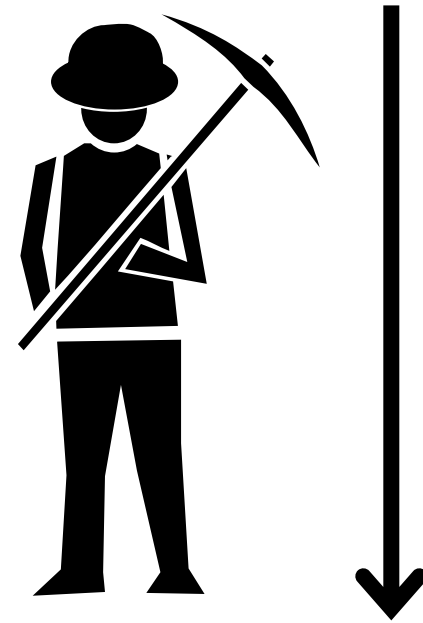
**ACCESS TO  
SERVICES**

**SUSTAINABLE  
PROGRAMMING**

# SHIFTING THE APPROACH

## THE MINING ATHLETE

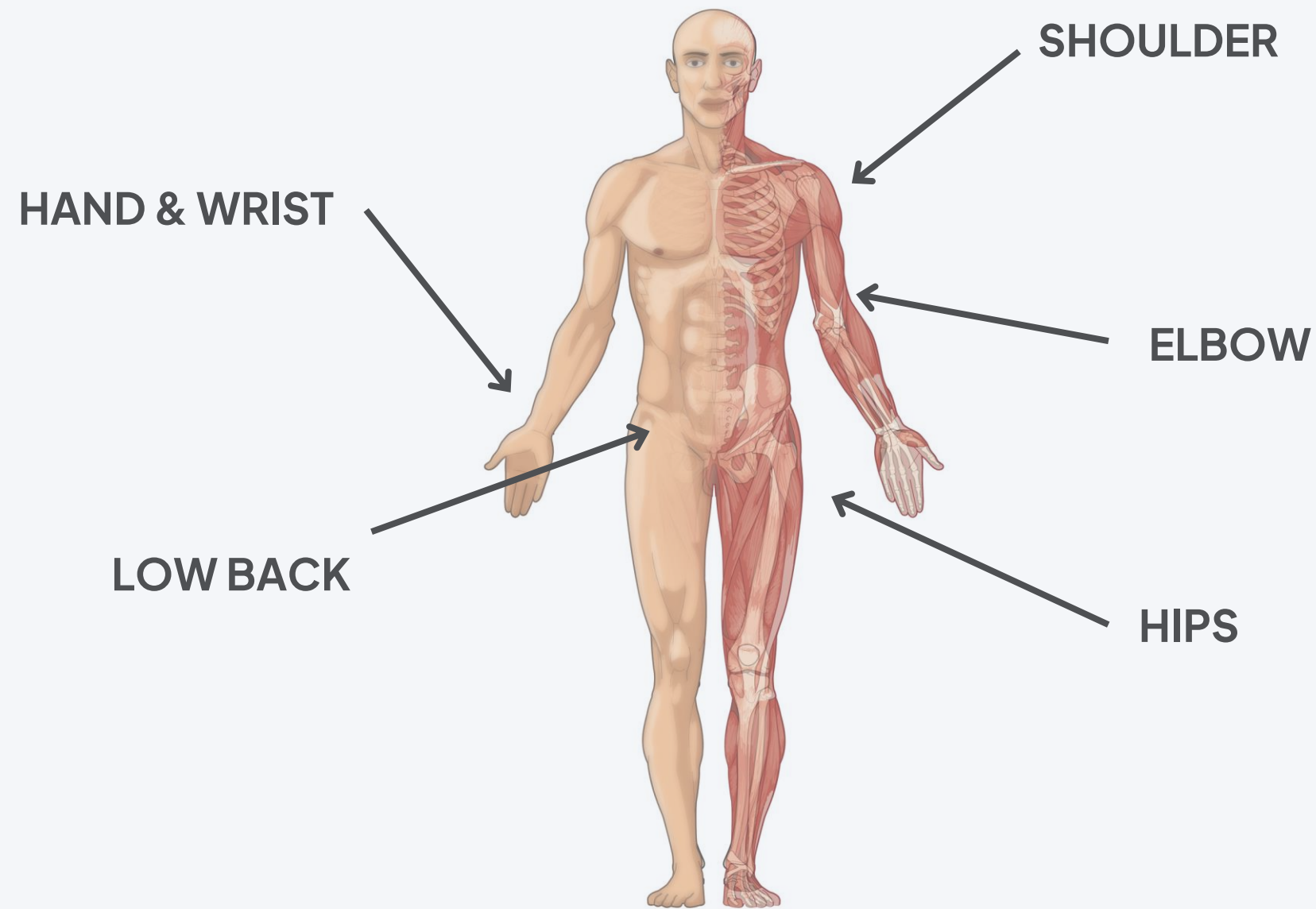
PHYSICAL HEALTH



MENTAL  
HEALTH

# COMMON MSD IN MINING

Job Specific (Mine, Mechanical, Vehicle Operators)



## PREVENTION SOLUTIONS

**Ergonomics: positioning, equipment, posture**

**Stretching: mobility**

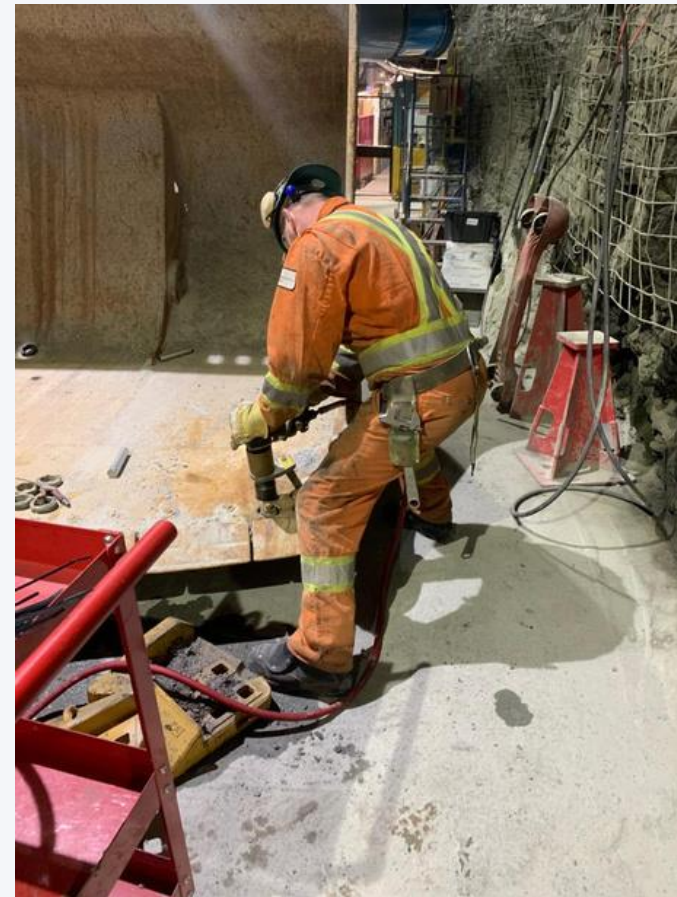
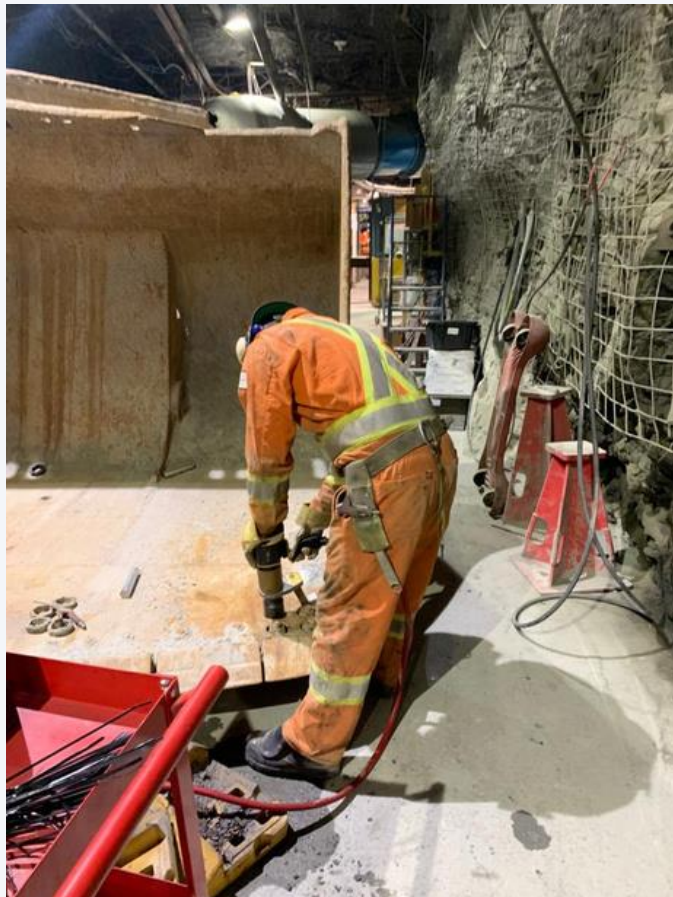
**Strengthening: Activation**

**Stability: Core**



# LOW BACK & HIPS

Job Specific (Mine, Mechanical, Vehicle Operators)



## PREVENTION SOLUTIONS

**Ergonomics: Lifting Techniques**

**Stretching: Hip Flexors, low back**

**Strengthening: Glutes, Core**

**Stability: Core (Foundational)**



# SHOULDER

Job Specific (Mine, Mechanical, Vehicle Operators)



## PREVENTION SOLUTIONS

Ergonomics: Overhead

Stretching: Chest/Lats

Strengthening: Back/ RC complex





# HAND, WRIST & ELBOW

Job Specific (Mine, Mechanical, Vehicle Operators)



## PREVENTION SOLUTIONS

**Ergonomics: Lifting Techniques**

**Stretching: forearms/bicep**

**Strengthening: Rotator cuff/wrist**

**Stability: Core (Foundational)**

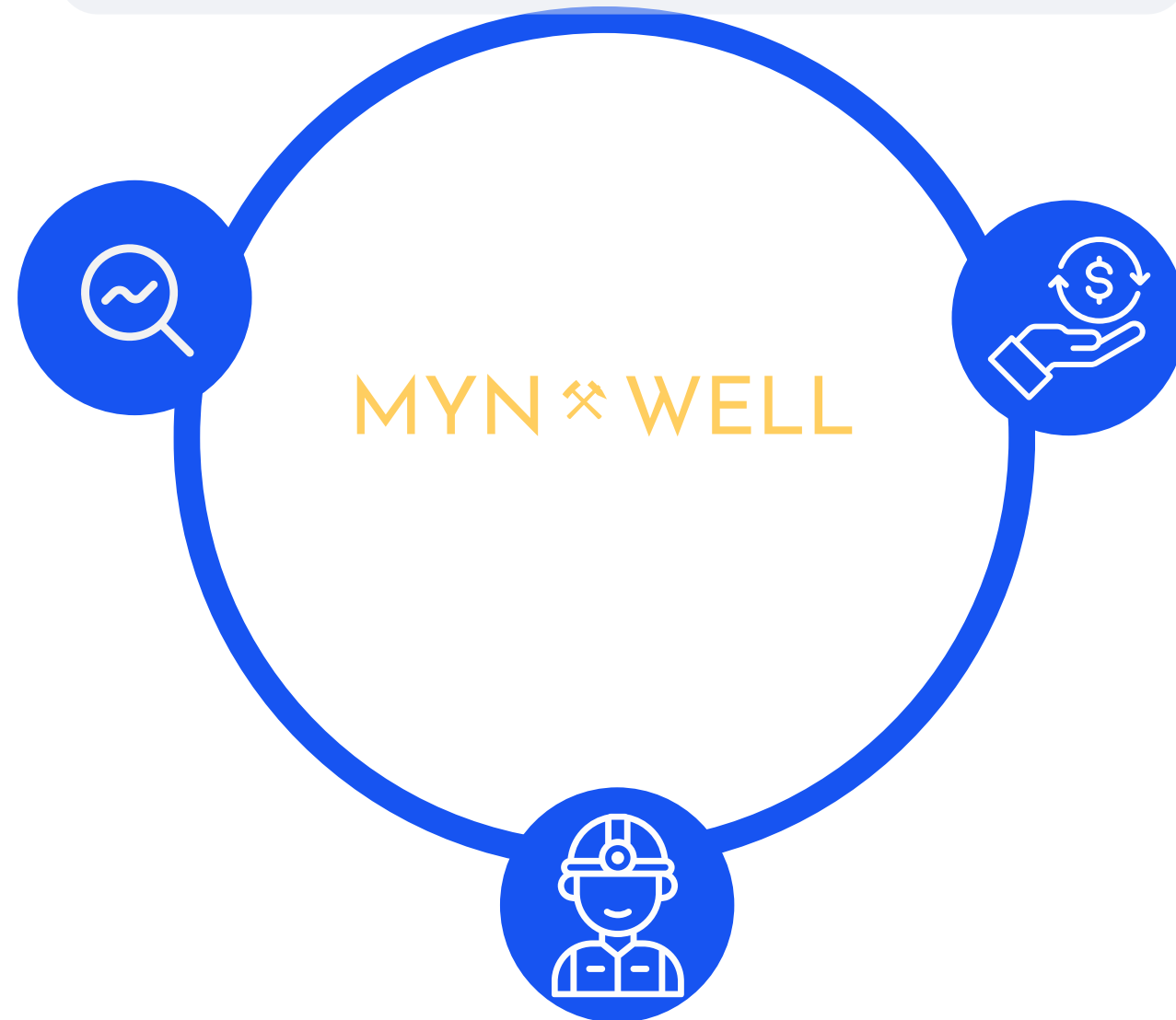
**MYNWELL PROGRAM**

ONSITE & VIRTUAL PROGRAMS  
SEAMLESS INTEGRATION  
EXPERT TEAM  
SUPPORT WELLNESS CULTURE

**RETENTION & TURNOVER**

Improved Company  
Loyalty & Recognition

Data & Analytics  
Visibility & Insights on  
workforce



**MORALE & ENGAGEMENT**

Engaging  
100% of the onsite  
workforce

**SAVINGS**

Decrease WSIB , STD, LTD  
Claims by 66%

100% Reduction in LTI's  
(non-traumatic)

Direct & Indirect Cost  
Savings for Claims

ESG

# Q & A

[WWW.MYNWELL.COM](http://WWW.MYNWELL.COM)

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Brian Richard

**MYN**  **WELL**