

3. *Immediate feedback*. Use of video camera with self contained screen for immediate feedback.

On-Site Coaching

Each coaching session incorporates the following features:

1. *Review and analysis*. Coach conducts a review and analysis of the on-site video with the employee.
2. *Changes*. Coach discusses and implements needed changes in body mechanic techniques with employee.
3. *Reinforcement*. Coach reinforces on-site coaching skills with supervisor.
4. *Exercises*. Coach suggests exercises to assist with ongoing symptoms.

MARY KROST BACKGROUND SUMMARY

Ms. Krost, a Registered Physical Therapist and Occupational Therapist, has been Chief Consultant and Principal in Mary Krost & Associates since she founded the firm in 1990.

She holds an RPT license as well as a bachelor of science degree in physical therapy from the University of San Francisco. Her programs are influenced by Professor Donald Chaffin of the University of Michigan Medical Center for Ergonomics, whom she studied with in 1985.

During the past 11 years, Ms. Krost has conducted more than 4,000 injury prevention seminars to more than 40,000 employees of major corporations and governmental organizations.

Her training programs emphasize anatomy and body mechanics, back-safe lifting and exercises, as well as ergonomic principle and conditions surrounding manual material handling and VDT environments.