Obstacles
• Physical tasks
• Aging effects
• Resistance, habits
• Limited perspective

Typically communicate?
“Pay attention! Think before you act!”
“Lift with your legs”
“Stand close”
“Keep your back straight”
“Keep the curves in your back”
“Use lifting aids”
“Spread your feet shoulder width”
“Bend your knees”

The Straining 7
2. Limited mindset. “Faked”, “Simple solution”
3. Blaming. “It’s not me, it’s you.”
5. No excitement. “Do as you’re told.”
6. Not provide resources. “It’s fixed next?”
7. Focusing at-work only. “Out of sight/control.”

The No-Strain 5
1. Smart Soft-Tissue Safety Leadership
2. Reduce force concentration
3. Cumulative thinking
4. Discovery
5. At home

Sample Leading Indicators
• New actions, use strategies and techniques
• Use cumulative & effective language
• From “caused” to “contributed to”
• Adjustments made
• Report more comfort/energy, less fatigue, “easier”
• Fewer negative comments about machines/tools
• Purchasing/Contracting supports
• Used at home/personal activities
• Say shared with family members
• Safety Committees trained
• Funding for Soft-Tissue Safety projects increases
• Workers & managers report they value & apply training
• Training followed up, reinforced

3 Organizational B’s
1. Expertise
2. Energize
3. Engage
3 Personal B’s
1. Balance
2. Breath
3. Bearing

Remarkable Soft-Tissue Safety
1. Identify obstacles/Straining 7, “same-old” strategies
2. 3 E’s: Expertise-Energize-Engage
3. Simultaneous leadership
4. 3 B’s: Balance-Breath-Bearing
5. Let the forces be spread around you
6. Discovery
7. At home and at work

About Presenter, Robert Pater
Robert Pater is Managing Director of Strategic Safety Associates & creator of the MoveSMART® system for preventing strains and sprains, slips/trips/falls and hand injuries - implemented worldwide implemented in over 60 countries. Emphasis is on simultaneously elevating Safety performance, leadership and culture. Besides training Instructor-Catalysts, they have worked with senior leaders in numerous organizations to significantly and sustainably elevate Safety leadership performance and culture.


His leadership book, Leading From Within, has been published in 5 languages.


Presentations: Robert has keynoted numerous corporate and international conferences and appeared on CNN, ABC World News and in many television, radio shows and printed journals.

©2017 Strategic Safety Associates/MoveSMART®  503.977.2094
MoveSMART® is a registered trademark of Strategic Safety Associates. www.MoveSMART.com