

BUILDING A SAFER WORKFORCE

Integrated Well-being, Mental Health, and Injury Management

Key Metrics

7X
Return on
Investment
(ROI)

\$2.8 million
Injury-Related
Cost Avoidance

88%
Workforce
Engagement

1.3 TRIR
Total
Recordable
Incident Rate

Industry Challenges

- Physically demanding labor with high musculoskeletal injury risk
- Limited healthcare access for many workers High incidence of
- lacerations, sprains, and strain injuries Historically low
- engagement with traditional wellness programs

- ✓ **Mental Health**
- ✓ **Injury Prevention**
- ✓ **Preventative Health**
- ✓ **Cultural Shift**

Our Solution

Wellness Workdays implemented a multifaceted, onsite wellness program for a Boston client from Feb 2023-July 2025, that integrated physical and mental health support directly into the daily operations of the jobsite.

- Onsite Athletic Trainer / Behavioral Health Coach providing both injury prevention and mental health support
- Over 2,000 health coaching sessions with 1,145 unique participants
- Onsite biometric screenings and musculoskeletal support
- Real-time injury triage, significantly reducing offsite medical visits
- Embedded programming into daily safety meetings (Stretch & Flex, toolbox talks, screenings, and orientation)
- Tailored wellness initiatives, including Women in Construction events, nutrition challenges, and hydration campaigns

“ SAFETY MANAGER TESTIMONIAL

“Working with Wellness Workdays, we have been able to achieve some of the lowest recordable rates in our book of business.”

“Our onsite Athletic Trainer has truly been a valued teammate.”



Want more information?

Contact Info@wellnessworkdays.com