

# BUILDING A SAFER WORKFORCE

Turner Construction, Boston Children's Hospital, and Wellness Workdays

## 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

**In partnership with Wellness Workdays, Turner Construction implemented a multifaceted, onsite wellness program 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 TESTIMONIALS

“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. She expanded what we expected a wellness coach could do for Turner Construction.”

Turner Construction partnered with Wellness Workdays to implement a transformative, onsite integrated wellness program at their Boston Children's Hospital project. From March 2023 to June 2025, this program aimed to create a safer, healthier, and more productive workforce by embedding injury prevention, behavioral health support, and wellness coaching directly into the job site safety program.

**Want more information?**

Contact [jamie.evans@tcco.com](mailto:jamie.evans@tcco.com) or [debra@wellnessworkdays.com](mailto:debra@wellnessworkdays.com)