NORTH AMERICAN
TRAINING SOLUTIONS

HUMAN PERFORMANCE

Overview

Creating a safe work environment extends beyond providing skills-based safety training; it requires awareness of worker health. Chronic disease is on the rise and is a major contributing factor in work-related injuries. The health and lifestyle practices of a worker can influence the risk of a traumatic injury and the outcome should an injury occur. We provide worker and crew health assessments and training for our clients to build a more resilient workforce while reducing injuries and increasing efficiency among their crews.

Applicable Standards

ANSI/ASSE Z490.1 Criteria for Accepted Practices in Safety, Health, and Environmental Training as well as ANSI Z133 and OSHA 1910.266

Course Listing

- Biomechanical Assessments
- Heart Rate Variability Training and Assessments
- Ergonomics for Arborists Training
- Traumatic Injury Prevention Training
- Vitality Programs
- Resilience Training
- Stretching/Warm-Up Programs

Deliverables

Participants of our training courses will receive a Certificate of Attendance (seminars), a Certificate of Completion (hands-on training), or a Certificate of Qualification if a hands-on assessment has been documented and successfully completed.

Schedule your training today! info@natstraining.com or 888-652-9116

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