

Michael S. Melnik M.S., O.T.R.

Introduction: Michael Melnik is an occupational therapist with a master's degree in exercise physiology. He is owner and president of Prevention Plus, a company that focuses on preventing work injuries and helping organizations "Energize" their safety programs. For more than 20 years he has presented his practical, high energy and humorous approach to over a quarter of a million participants throughout the country. He is the author and talent in several award winning safety videos that are in distribution in the US, Canada and Australia. Some of his clients include Best Buy, Wells Fargo, Northwest Airlines, Coca Cola, The Home Depot, General Mills, Wal-Mart and many others. His goal is to work with companies that want to create a safe, healthy and productive workplace AND want to enjoy the process of making it happen.

Keynote: From Knowing to Doing

Most employees know how to work safely...the problem is that they don't always act on what they know. Safety training is designed to influence knowledge with the assumption that increased knowledge will translate into a change in behavior. Unfortunately this isn't the case. This session takes a critical (and humorous) look at how we attempt to influence employee behavior, and offers simple, practical and time-tested strategies for turning words...into ACTION!

Breakout: The lighter side of sitting, standing, lifting and stretching. This could very well be the last back injury prevention session you'll ever need to attend! Michael has presented his time-tested strain/sprain approach to hundreds of thousands of employees at some of the nation's largest companies. These simple, memorable and effective strategies can easily be integrated into your existing strain/sprain prevention program and this fun, upbeat and interactive session will be one you won't soon forget.