

## **Attachment I:**

### **Individual Recruitment Flyers**

(Note: Treatment condition determines which flyer will be used for the particular workgroup cluster. Treatment E, TS, TSE, and control groups have different recruitment flyers.)

(Treatment E)

## **NIOSH/Toyota Study of Posture School**

The National Institute for Occupational Safety and Health (NIOSH) in collaboration with TEMA and TMMK is seeking volunteers for a research study to test the benefits of a posture school and shoulder exercise program. NIOSH is the federal agency charged with protecting worker safety and health through research and education. NIOSH is not a regulatory agency.

### **Who:**

Team Members in Chassis Assembly Departments.

### **Where:**

The study will be conducted at TMMK in the Chassis Assembly Department.

### **When:**

February - November, 2013

### **What:**

- This is a voluntary study being conducted by NIOSH with support from Toyota. Data will be collected and analyzed by NIOSH researchers.
- You will be asked to participate in a posture school/exercise program for 7-10 months.
- You will be asked to exercise daily during work shift hours. For the first month there will be a pre-shift and post-shift session each day. After the first month the program will be scaled back to a single daily pre-shift session.
- Once per month you will be asked to complete 4 or 5 questionnaires asking about arm and shoulder function and symptoms of discomfort. Your answers to these questions will be completely confidential and only the NIOSH researcher will see your individual questionnaire. You will be given time during the day to complete the questionnaires.
- Every three months you will be asked to complete a longer questionnaire about your work environment and physical activity outside of work. Your answers to these questions will also be completely confidential
- You will be asked to perform an FCE (functional capacity evaluation) before starting the posture school and after 4 months of the program.

### **How to Volunteer to Participate:**

Team Members in Chassis Assembly will be recruited and enrolled by John Whitaker, TMMK. Brian Lowe, NIOSH, will assign confidential participant ID numbers. Questions about the study can be directed to John Whitaker or Brian Lowe (ph: 513-533-8161; e-mail [blowe@cdc.gov](mailto:blowe@cdc.gov)).

(Treatment TS)

### **NIOSH/Toyota Study of Tool Support Effectiveness**

The National Institute for Occupational Safety and Health (NIOSH) in collaboration with TEMA and TMMK is seeking volunteers for a research study to test the benefits of a tool support arm ergonomic countermeasure. NIOSH is the federal agency charged with protecting worker safety and health through research and education. NIOSH is not a regulatory agency.

#### **Who:**

Team Members in Chassis Assembly Departments.

#### **Where:**

The study will be conducted at TMMK in the Chassis Assembly Department.

#### **When:**

February - November, 2013

#### **What:**

- This is a voluntary study being conducted by NIOSH with support from Toyota. Data will be collected and analyzed by NIOSH researchers.
- You will be asked to use a tool support arm at several stations on the Chassis Assembly line.
- Once per month you will be asked to complete 4 or 5 questionnaires asking about arm and shoulder function and symptoms of discomfort. Your answers to these questions will be completely confidential and only the NIOSH researcher will see your individual questionnaire. You will be given time during the day to complete the questionnaires.
- Every three months you will be asked to complete a longer questionnaire about your work environment and physical activity outside of work. Your answers to these questions will also be completely confidential

#### **How to Volunteer to Participate:**

Team Members in Chassis Assembly will be recruited and enrolled by John Whitaker, TMMK. Brian Lowe, NIOSH, will assign confidential participant ID numbers. Questions about the study can be directed to John Whitaker or Brian Lowe (ph: 513-533-8161; e-mail [blowe@cdc.gov](mailto:blowe@cdc.gov)).

(Treatment TSE)

## **NIOSH/Toyota Study of Tool Support and Shoulder School Program Effectiveness**

The National Institute for Occupational Safety and Health (NIOSH) in collaboration with TEMA and TMMK is seeking volunteers for a research study to test the benefits of a posture school and shoulder exercise program and a tool support arm ergonomic countermeasure. NIOSH is the federal agency charged with protecting worker safety and health through research and education. NIOSH is not a regulatory agency.

### **Who:**

Team Members in Chassis Assembly Departments.

### **Where:**

The study will be conducted at TMMK in the Chassis Assembly Department.

### **When:**

February - November, 2013

### **What:**

- This is a voluntary study being conducted by NIOSH with support from Toyota. Data will be collected and analyzed by NIOSH researchers.
- You will be asked to participate in a posture school/exercise program for 7-10 months.
- You will be asked to exercise daily during work shift hours. For the first month there will be a pre-shift and post-shift session each day. After the first month the program will be scaled back to a single daily pre-shift session.
- You will be asked to use a tool support arm at several stations on the Chassis Assembly line.
- Once per month you will be asked to complete 4 or 5 questionnaires asking about arm and shoulder function and symptoms of discomfort. Your answers to these questions will be completely confidential and only the NIOSH researcher will see your individual questionnaire. You will be given time during the day to complete the questionnaires.
- Every three months you will be asked to complete a longer questionnaire about your work environment and physical activity outside of work. Your answers to these questions will also be completely confidential
- You will be asked to perform an FCE (functional capacity evaluation) before starting the posture school and after 4 months of the program.

### **How to Volunteer to Participate:**

Team Members in Chassis Assembly will be recruited and enrolled by John Whitaker, TMMK. Brian Lowe, NIOSH, will assign confidential participant ID numbers. Questions about the study can be directed to John Whitaker or Brian Lowe (ph: 513-533-8161; e-mail [blowe@cdc.gov](mailto:blowe@cdc.gov)).

(Control Group)

## **NIOSH/Toyota Study of Shoulder Discomfort**

The National Institute for Occupational Safety and Health (NIOSH) in collaboration with TEMA and TMMK is seeking volunteers for a research study to evaluate shoulder discomfort in overhead assembly work. NIOSH is the federal agency charged with protecting worker safety and health through research and education. NIOSH is not a regulatory agency.

### **Who:**

Team Members in Chassis Assembly Departments.

### **Where:**

The study will be conducted at TMMK in the Chassis Assembly Department.

### **When:**

February - November, 2013

### **What:**

- This is a voluntary study being conducted by NIOSH with support from Toyota. Data will be collected and analyzed by NIOSH researchers.
- Once per month you will be asked to complete 4 or 5 questionnaires asking about arm and shoulder function and symptoms of discomfort. Your answers to these questions will be completely confidential and only the NIOSH researcher will see your individual questionnaire. You will be given time during the day to complete the questionnaires.
- Every three months you will be asked to complete a longer questionnaire about your work environment and physical activity outside of work. Your answers to these questions will also be completely confidential

### **How to Volunteer to Participate:**

Team Members in Chassis Assembly will be recruited and enrolled by John Whitaker, TMMK. Brian Lowe, NIOSH, will assign confidential participant ID numbers. Questions about the study can be directed to John Whitaker or Brian Lowe (ph: 513-533-8161; e-mail [blowe@cdc.gov](mailto:blowe@cdc.gov)).