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Main Features

Thoughtfully crafted layout to enhance focus and easy to use.

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Contents Part I Analysis Identifying the problem Standards and legal aspects The labour management agreement Part II Design Fitness defined Basic design plan The design matrix Part III Development Staff and resources Test selection and development Developing the pilot study Part IV Implementation Conducting the pilot study Part V Education Standards and statistics Exercise recommendations and training Evaluating the program Part VI Supplemental programs Work injury management Wellness Physical performance Appendices

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