



Is Your New Employee Bringing You an Old Injury?

Since 2008, Iowa Methodist Occupational Health & Wellness has utilized the Physical Capacity Profile® (PCP) testing system to provide pre-employment strength and agility testing to area employers. Over 50 companies in the greater Des Moines metropolitan area are enjoying the benefits of this unique testing system.

PCP testing gives employers some unique advantages:

- **Writing ADA and EEOC compliant job descriptions**
- **Mitigating work comp claims by hiring applicants who are actually strong enough to do the work**
- **Reducing the risk for employee injury, which ultimately reduces work comp expenses**
- **Using the objective baseline data obtained during PCP testing to reduce work comp settlements**



While “functional tests”, “lift tests”, and “human performance” screens all provide some information about an applicant’s physical abilities, once the applicant is hired, the information obtained during these tests is no longer useful.

The PCP is different. It records specific, objective medical measurements of an applicant’s pre-existing conditions, including any impairments. Should the employee ever be injured, this data can be used during rehabilitation and if the case progresses to settlement. The PCP helps define what part of the injury you own - and more importantly, what part you don’t.

If you’d like to discuss PCP testing in more detail or schedule a demonstration of the equipment, please call 515-241-2223 or email krobsb@ihs.org.

In April, several free informational webinars about the PCP are open for registration. These 90 minute webinars provide an extensive overview of the history of the machine, testing methodology, and real-world examples from current PCP clients.

To register for a free webinar, visit <http://pcpworks.com/PCP/Webinar.html>.