

REFER TO POWER PROGRAM IMPLEMENTATION & INSTRUCTOR GUIDE FOR DETAILS ON EACH DELIVERABLE

Ordering Instructions: (1) Print the form. (2) Enter the number of individual items or sets in the columns to the left and calculate your total. Add 5% for shipping or call for amount. (3) Enter Company Information and Shipping Address below. (4) Scan and email to order@AccurateErgonomics.com, or fax to 707-703-4119. (5) Make payment by check or credit card (See Below). Allow 7-10 days for shipping. Please call if you need assistance.

Individual Number	Number of Sets	POWER Program - Document ID & Description Most items are available in sets, as listed below (Set Quantity)	Price Each	Price -SET	TOTAL
		ENGLISH LANGUAGE DELIVERABLES			
		DIAB0-GI - Training Implementation and Instructor Guide (General Industry)	\$ 34.95		\$ -
		DIAB0-MH - Training Implementation and Instructor Guide (MIPP Hospitality)	\$ 34.95		\$ -
		DIAB1 - Training Sign-In Sheet (2)	\$ 1.00	\$ 2.00	\$ -
		DIAB2 - Pre-Training Memory Maker Quiz (15)	\$ 0.75	\$ 11.25	\$ -
		DIAB3 - Pre-Training Memory Maker Quiz <u>with</u> Answer Key (15)	\$ 1.00	\$ 15.00	\$ -
		DIAB4 - Training Needs Assessment and Comfort Survey (15)	\$ 1.00	\$ 15.00	\$ -
		DIAB4a -My Comfort Survey (15)	\$ 0.75	\$ 11.25	\$ -
		DIAB5 - Training Manual - Owners Manual for the Spine (15)	\$ 29.95	\$ 449.25	\$ -
		DIAB6 - Training Course Workbook - (Includes #DIAB7, 8, 9 & 11) (15)	\$ 19.95	\$ 299.25	\$ -
		DIAB7 - Module 1 & 2 Checklist (Included in Workbook) (15)	\$ 0.75	\$ 11.25	\$ -
		DIAB8 - POWER Posture, Warm-Up and SAFE Stretch and Flexibility Guide (15)	\$ 5.95	\$ 89.25	\$ -
		DIAB9 - CORE Exercise Routine (Included in Workbook) (15)	\$ 0.75	\$ 11.25	\$ -
		DIAB10 - 10-POW Folding Pocket Card (15)	\$ 1.25	\$ 18.75	\$ -
		DIAB11 - Personal Summary & Action Plan Checklist (Included in Workbook) (15)	\$ 1.00	\$ 15.00	\$ -
		DIAB12 - Post-Training Memory Maker Quiz (15)	\$ 0.75	\$ 11.25	\$ -
		DIAB13 - Post-Training Memory Maker Quiz <u>with</u> Answer Key (15)	\$ 1.00	\$ 15.00	\$ -
		DIAB14 - Post-Training Test - Test Your Knowledge (Test Only) (15)	\$ 1.00	\$ 15.00	\$ -
		DIAB15 - Post-Training-Test Your Knowledge - (Test <u>and</u> Answer Key Set) (15)	\$ 1.00	\$ 15.00	\$ -
		DIAB16 - Post-Training-Test Your Knowledge - (Answer Key Only) (15)	\$ 0.75	\$ 11.25	\$ -
		DIAB17 - The 90 Day Power Challenge - Sign-On Sheet (2)	\$ 1.00	\$ 2.00	\$ -
		DIAB18 - The 90 Day Power Challenge - Participant Checklist (15)	\$ 1.00	\$ 15.00	\$ -
		DIAB19 - Course Evaluation & Instructor Rating (15)	\$ 1.00	\$ 15.00	\$ -
		DIAB20 - Warm-Up & SAFE Stretch Routine Pocket Card (15)	\$ 1.50	\$ 22.50	\$ -
		DIABSM1 - Warm-Up & SAFE Stretch Program Initiation Data Sheet (2)	\$ 1.00	\$ 2.00	\$ -
		DIABSM2 - Warm-Up & SAFE Stretch Leader's Guide (2)	\$ 6.95	\$ 13.50	\$ -
		DIABSM3 - SAFE Stretch Audit Form (2)	\$ 1.00	\$ 2.00	\$ -
		DIABSM4 - Ergonomics & MSD Prevention Suggestion Cards (20)	\$ 3.00	\$ 60.00	\$ -
		DIABSM5 - Ergonomics/Injury Prevention Non-Injury Near Miss Report Cards (20)	\$ 3.00	\$ 60.00	\$ -
		DIABSM6 - Ergonomics & Injury Prevention Early Report of Symptoms Cards (20)	\$ 3.00	\$ 60.00	\$ -
		DIABSM7 - Reminder Poster Data Sheet (2)	\$ 1.00	\$ 2.00	\$ -
		DIABSM8 - We Want Your Input (20)	\$ 3.00	\$ 60.00	\$ -
		SPANISH LANGUAGE DELIVERABLES			
		DIAB1 - Training Sign-In Sheet (2)	\$ 1.00	\$ 2.00	\$ -
		DIAB2 - Pre-Training Memory Maker Quiz (15)	\$ 0.75	\$ 11.25	\$ -
		DIAB3 - Pre-Training Memory Maker Quiz <u>with</u> Answer Key (15)	\$ 1.00	\$ 15.00	\$ -
		DIAB4 - Training Needs Assessment and Comfort Survey (15)	\$ 1.00	\$ 15.00	\$ -
		DIAB4a -My Comfort Survey (15)	\$ 0.75	\$ 11.25	\$ -
		DIAB7 - Module 1 & 2 Checklist (Included in Workbook) (15)	\$ 0.75	\$ 11.25	\$ -
		DIAB8 - POWER Posture, Warm-Up and SAFE Stretch and Flexibility Guide (15)	\$ 5.95	\$ 89.25	\$ -
		DIAB9 - CORE Exercise Routine (Included in Workbook) (15)	\$ 0.75	\$ 11.25	\$ -
		DIAB10 - 10-POW Folding Pocket Card (15)	\$ 1.25	\$ 18.75	\$ -
		DIAB11 - Personal Summary & Action Plan Checklist (Included in Workbook) (15)	\$ 1.00	\$ 15.00	\$ -
		DIAB12 - Post-Training Memory Maker Quiz (15)	\$ 0.75	\$ 11.25	\$ -
		DIAB13 - Post-Training Memory Maker Quiz <u>with</u> Answer Key (15)	\$ 1.00	\$ 15.00	\$ -

	DIAB14 - Post-Training Test - Test Your Knowledge (Test Only) (15)	\$ 1.00	\$ 15.00	\$ -
	DIAB15 - Post-Training-Test Your Knowledge - (Test and Answer Key Set) (15)	\$ 1.00	\$ 15.00	\$ -
	DIAB16 - Post-Training-Test Your Knowledge - (Answer Key Only) (15)	\$ 0.75	\$ 11.25	\$ -
	DIAB17 - The 90 Day Power Challenge - Sign-On Sheet (2)	\$ 1.00	\$ 2.00	\$ -
	DIAB18 - The 90 Day Power Challenge - Participant Checklist (15)	\$ 1.00	\$ 15.00	\$ -
	DIAB19 - Course Evaluation & Instructor Rating (15)	\$ 1.00	\$ 15.00	\$ -
	DIAB20 - Warm-Up & SAFE Stretch Routine Pocket Card (15)	\$ 1.25	\$ 18.75	\$ -
	DIABSM4 - Ergonomics & MSD Prevention Suggestion Cards (20)	\$ 3.00	\$ 60.00	\$ -
	DIABSM5 - Ergonomics/Injury Prevention Non-Injury Near Miss Report Cards (20)	\$ 3.00	\$ 60.00	\$ -
	DIABSM6 - Ergonomics & Injury Prevention Early Report of Symptoms Cards (20)	\$ 1.00	\$ 60.00	\$ -
	DIABSM8 - We Want Your Input (20)	\$ 3.00	\$ 60.00	\$ -

ADDITIONAL DELIVERABLES				
	DIAB - 01 - POWER Training & Metrics Tracking Worksheet Set (MS Excel File)	\$ 295.00		\$ -
	DIAB - 02 - MIPP Risk Assessment Guide	\$ 29.95		\$ -
	DIAB - 03 - MIPP Risk Assessment Master Worksheet Set	\$ 375.00		\$ -
	DIAB - 04 - MIPP Master Risk Assessment Forms	\$ 995.00		\$ -
	DIAB - 05 - Control Measure & Action Step Tracker	\$ 99.95		\$ -
	SSP-MMH1 - POWER Warm-Up & SAFE Stretch Package (Materials for 10)	\$ 495.00		\$ -
	SSP-HIP1 - POWER Hospitality Warm-Up & SAFE Stretch Package (Materials for 10)	\$ 495.00		\$ -
	Additional Sets of SAFE Stretch Deliverables (10 Per Set / See Deliverables Catalog)	\$ 195.00		\$ -
			TOTAL	\$ -
Licensed Users Receive a 10% Discount (Subtract 10%) >				
				Sub Total
Add Sales Tax >				Sales Tax 8.125%
Add 5% for Shipping >				Shipping \$ -
				Final Total



Enter Company & Shipping Information Below		Accurate Ergonomics Use Only	
Order Date: _____	Your Name: _____	Date Order Received: _____	Date Payment Received: _____
Company Name: _____	Shipping Address: _____	Date Order Processed: _____	Date Shipped: _____
City, St., Zip: _____	Billing Address: _____	FedEx Order Number: _____	FedEx Tracking Number: _____
	City, St., Zip: _____		
Special Delivery Instructions: _____			

Deliverable Orders Must Be Paid in Full Prior to Shipping.

Option 1: Mail a check to Balance & Motion for Health (dba Accurate Ergonomics): 207A N. Cloverdale Blvd., Ste. 244, Cloverdale, CA. 95425

Option 2: Pay by Credit Card: Call Accurate Ergonomics to process this payment (707.894.4544 CA / 1.866.950.3746).

Thank You for Your Order!