



▶ CREWS SPEND EXTENDED TIMES ON THEIR SHIPS, DISRUPTING SLEEP PATTERNS



▶ BARGE WORK IS BOTH PHYSICALLY AND MENTALLY DEMANDING, REQUIRING QUICK DECISION-MAKING



▶ ACCIDENTS CAN NOT ONLY LEAD TO INJURIES BUT CAN CAUSE EXPENSIVE ENVIRONMENTAL CLEANUPS



Roberto

Case study

HOW TAKING A PROACTIVE APPROACH TO WORKPLACE SAFETY AND WELLNESS PAID OFF FOR ILLINIOS MARINE TOWING

River ways have long provided a cost-effective means of shipment, but it comes at a risk. Workers have to be vigilant to avoid slips and falls, pinch points, falling overboard and injury from heavy equipment—all while dealing with often harsh conditions.

Barge Companies Have High Risks

“Working in our industry presents some unique safety challenges,” says Delbert Wilkins, president of Illinois Marine Towing. The Joliet, Illinois-based transportation company controls fleeting space for 386 barges in the heavily traversed Chicago Area Water System. “Our crews face exposure to the elements—where Mother Nature dials up winds, currents, rain, snow—you name it.”

In addition to weather-borne issues, crews also work demanding schedules. They often see 21 straight days on the job with 6 hours on duty, alternating with 6 hours of rest—not

exactly conducive to normal sleep patterns. Consequently, the potential for injury and lost time because of workplace accidents are high.

In the fourth quarter of 2017, IMT engaged with RC21X to introduce an employee safety program that combined brain health and physical health. The long-term goal of the initiative is to both improve employee performance and to reduce injuries throughout the company.

RC21X provided the IMT team the Roberto App. The app, accessible on



on tablets and mobile phones, features seven video-game-like modules that stress different parts of the brain in about 6 minutes. Team members received detailed on factors such as reaction time, recall memory, decision making

RESULTS

0

Number of reportable incidents and amount of lost time to injuries in IMT shipyards.

66%

Reduction in recordables among all IMT team members in year-on-year comparisons.

75%

Reduction in lost time due to injuries for all IMT team members in year-on-year comparisons.



Building a Culture of Safety and Performance

Illinois Marine Towing took a holistic approach to safety, ensuring that its pilots, deck leads and deck hands were mentally and physically prepared for the challenges of the day

and balance. Additionally, they participated in warmup exercises, such as stretching and calisthenics in an effort to stave off soft-tissue injuries.

According to Wilkins, the company saw immediate returns from the program. "From my seat, mental readiness and physical readiness go hand in hand. Our team had better results in terms of decreases in trip hazards, in cuts and lacerations and overall reported incidents," he says.

IMT incorporated data gleaned from its use of the Roberto App into its overall safety program.

The company launched a "Goal Zero / "Stop Work Obligation," that put extra focus on preventing, reporting and then analyzing workplace incidents and injuries. The results: A decrease in operating staff hours lost to injury as well as reductions in long-term injuries and reportable incidents.

“ Brain performance directly affects job performance. The ability to process information, to multi-task, to prioritize, to react are important skills. ”

*DELBERT WILKINS,
PRESIDENT IMT*

Wilkins credits those safety improvements to his team being much more mindful about both mental and physical preparation on barges and on the dock. "It's a holistic approach to safety," says Wilkins.

"While we have some room for improvement," he continues, "we're committed to this program and to being proactive. The important thing we realized is that it all starts with the brain."

GET TO KNOW YOUR BRAIN

The Value of Monitoring Performance



According to the American Institute on Stress, 60-80% of accidents on the job are due to stress-related distraction or sleepiness. Having team members be more mindful of their brain performance on any given day can help reduce accidents caused by poor concentration.



BRAIN HEALTH BLITZ

To get the most from the Roberto App, users complete four sessions to establish their normal ranges—a baseline, if you will. IMT conducts periodic Brain Health Blitzes to encourage team members to establish their normal ranges within a week. Then, team members take periodic sessions, generating valuable performance data.

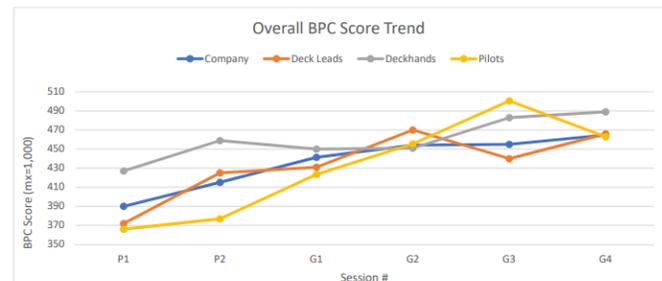
During each blitz, team members receive incentives including gift cards and cash awards for those who take the most sessions. Additionally, they receive tips on boosting brain performance. In the most recent Blitz, 60% of the team used the app.

ADVANCED REPORTING

A Brain Readiness Performance Assessment Executive Summary was prepared and presented to the IMT management team. The report included program participation, a summary of results, and an initial team assessment by Dr. Paul Nussbaum, internally renowned brain health expert, and Dr. George Kondraske, founder of the Human Performance Institute at the University of Texas at Arlington.

The annual maintenance program featured detailed quarterly aggregate assessments that broke down scores by department and individual Roberto modules. It also included a quarterly report card that IMT uses to empower its team to make key lifestyle changes to increase brain performance—and safety—on the job.

With that information, IMT was able to target its safety program to the specific needs of each department.



For more on brain performance programs for your team, visit www.robortoapp.com or contact info@rc21x.com