



# Ergonomics Consulting

## Examples of Ergonomics Services

- Industrial Workstation Ergonomic Evaluations
- Risk Prioritization of Stations
- Ergonomic Program Setup and Assistance
- Video Documentation of Ergonomic Hazards and Suggestions for Improvement
- In-Depth Recommendations for Each Station with Attention Given to Varying Levels of Cost
- Data Management Software

Ergonomics is the study of the relationship between people, their work, and their physical work environment. The major goal of ergonomics is to fit the job to the individual and promote healthy and safe work practices. *Workplace Safety & Health Co.* can assist you with your ergonomic risk identification, assessment, and solution needs.

## Ergonomic Benefits

In the ergonomics world, one size does not fit all. What works for a tall person may not work for someone who is short. What works for an athlete may not apply to a couch potato. Whatever the body size, shape, and personal limitations, the goal of ergonomics is to evaluate the total human being, both mental and physical, then apply sound principles to each individual's needs. Whether someone is working with heavy machinery or sitting at a desk, the practice of good ergonomics will provide health benefits now and in the long run help workers feel more invigorated, comfortable, and productive.

## Manual Material Handling Solutions

Manual Material Handling (MMH) is a term used to describe the tasks that require workers' hands to carry out actions such as lifting, rolling, pulling, emptying, and moving goods or materials. Carrying out MMH tasks incorrectly can have an economic impact on an organization through lost work days, decreased productivity and quality, and compensation claims due to injury. Physical work can involve repetitive movements and awkward postures (bending and twisting) that place strain on anatomical components of the human body which can give rise to musculoskeletal disorders (MSD). According to the U.S. Bureau of Labor Statistics, approximately \$1 of every \$3 of Worker's Compensation costs are spent on occupational MSD's, and it is reported that employers pay \$15-20 billion per year in Worker's Compensation costs for lost workdays. Indirect costs are 3 to 5 times higher, reaching upwards of \$150 billion per year. As an example, such types of risks can be eliminated by adjusting employee workstations to fit individual needs or by implementing ergo-friendly equipment to assist or replace the need for strenuous MMH activities altogether.

*Workplace Safety & Health Co.* specializes in evaluating employee workstations, assessing potential for injury, prioritizing stations based on risk, and making appropriate recommendations in order to reduce or eliminate worker ergo-related risk as a whole.



## Also, Ask *Workplace* About:

- Lockout/Tagout Programs
- IH Air Monitoring
- Confined Space Assessments
- Noise Surveys and Mapping

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