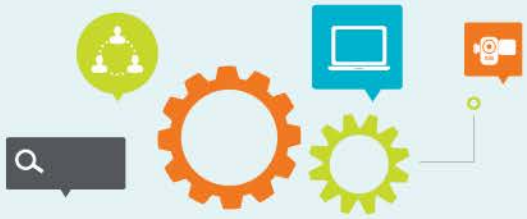
PRIMA 2015
WEBINAR SERIES

Ergonomics & Injury Prevention

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Learning Objectives

Upon completion of this course, the participant will understand:

- The concept of injury management vs. injury prevention
- The continuum of injury management and injury prevention services
- The value of injury management

Industrial Services Continuum

- Injury Management

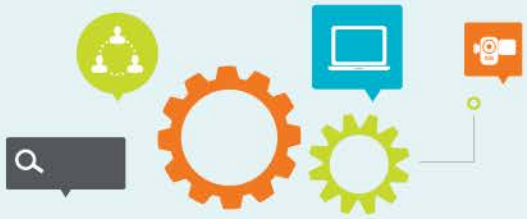


- Injury Prevention



Injury Management Services

- Return to Work Program
  - Acute and Sub Acute Injury Management
  - Work Conditioning/Work Hardening
  - Functional Capacity Evaluation
  - Job Site Analysis
  - Transitional work programs
- Focus on early intervention, functional restoration and RTW.

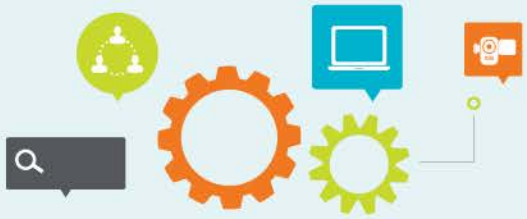


Injury Prevention

- Stay at Work Services
  - Educational Programs
  - Post Offer Testing
  - Ergonomics

What Are We Trying To Prevent?

- Accidents and trauma injuries
- Force exertion injuries
- Repetitive motion injuries
- Cumulative trauma disorders
- Over use injuries

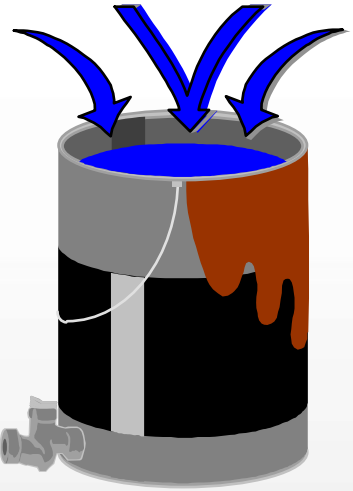


How Do These Injuries Occur?

- Stress is applied to the body
- Through participation in specific risk factors
- Without chance of recovery

Bucket Analogy

Wear & Tear



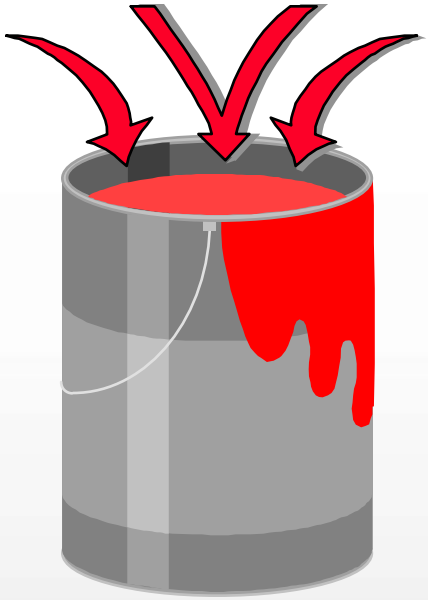
Healing



→ Cumulative Trauma: Wear & Tear Exceeds Healing

Risk Factors

- Repetitive Motions
- Awkward Postures
- High Forces
- Inadequate Rest
- Contact Stress
- Environmental
  - Vibration
  - Cold
  - Stress



Repetitive Motions



Awkward Postures



Force



Inadequate Rest: Every Activity Affects Injury



Home Chores & Activities



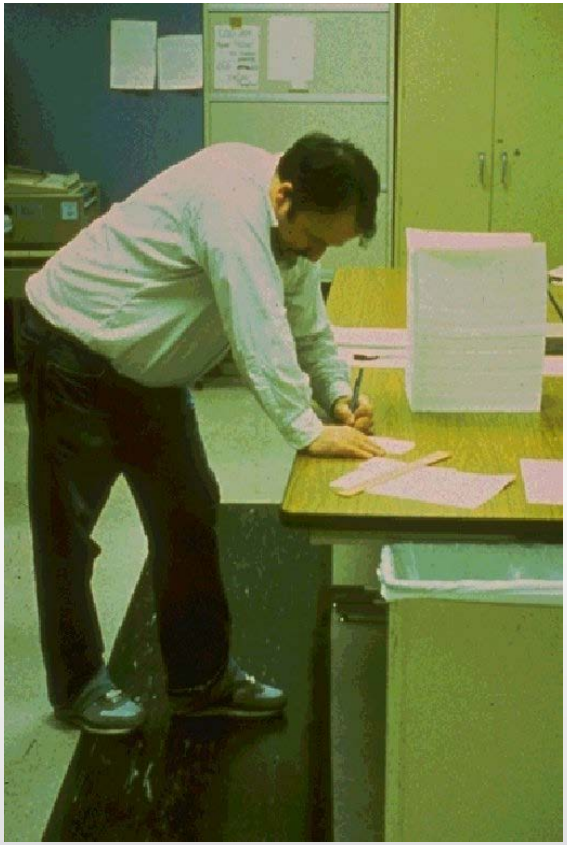
Work



Recreation



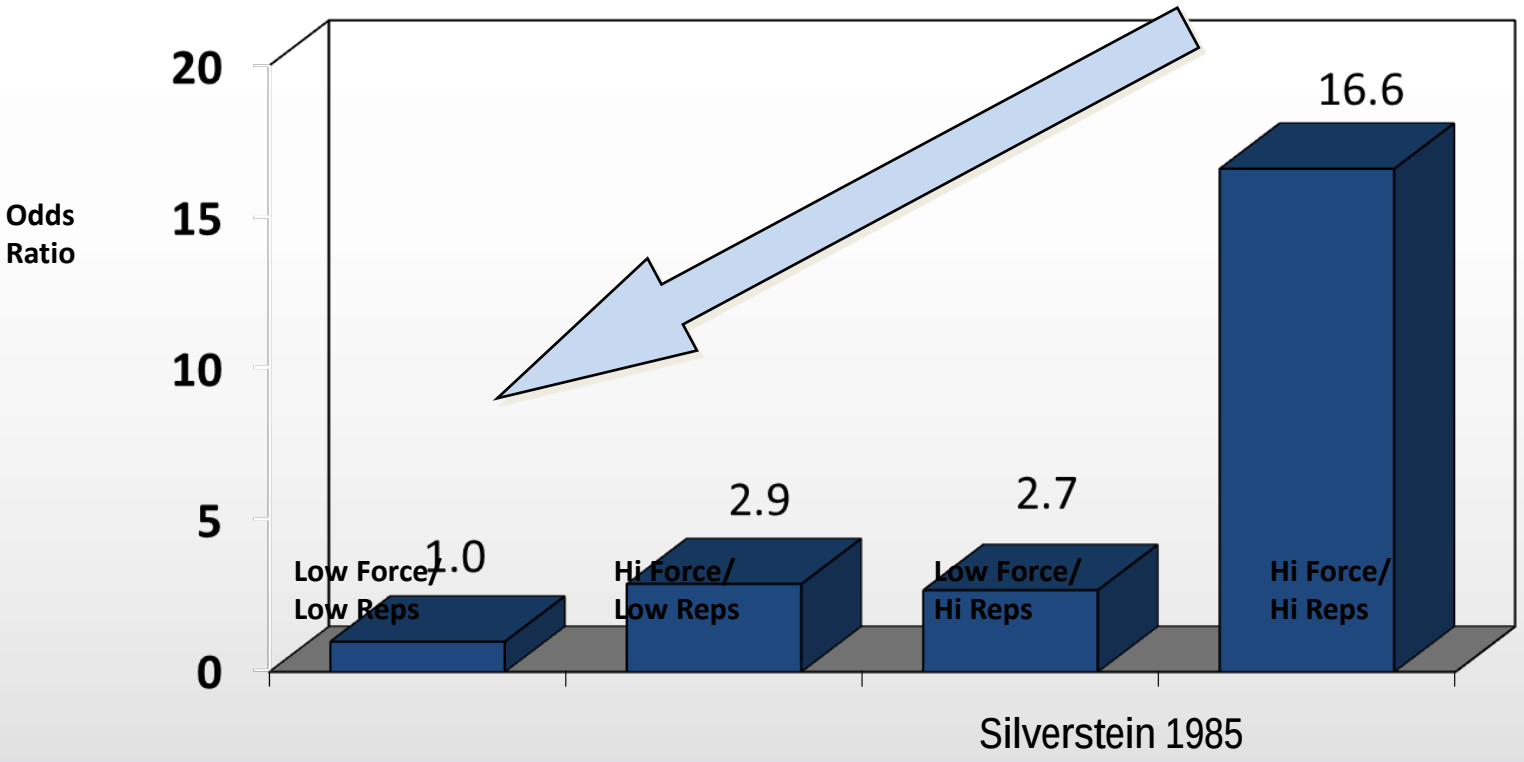
Contact Stress



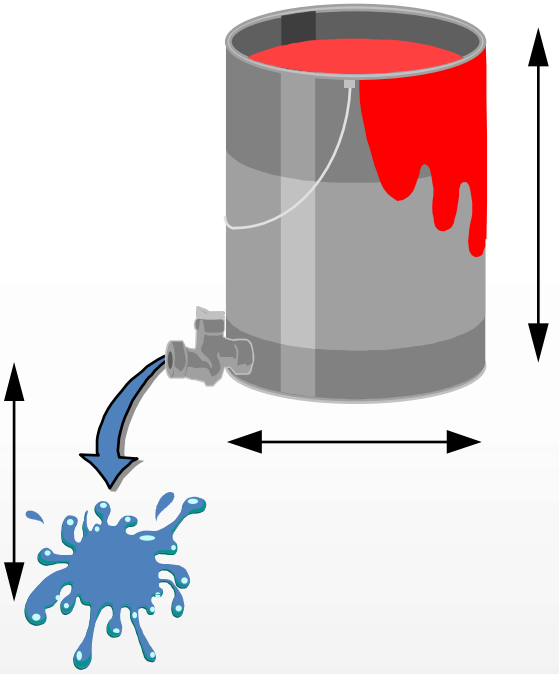
Environment - Vibration



Wrist CTDs - Reps & Force



Personal Factors



- Age
- Gender
- Height/Weight Ratio
- Diabetes
- Thyroid Disease
- Hormonal Status

Ergonomic Principles

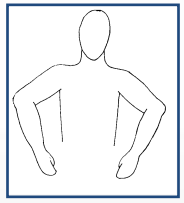
- Start with Job Analysis: on-site evaluation of risk factors through observation of work processes and employee work behaviors
- Educational programs and Post Offer Testing programs also start with Job Analysis.

1. Work in Neutral Postures

- Neck Straight



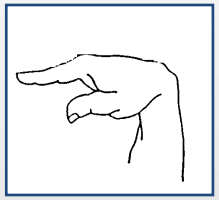
- Shoulders Relaxed



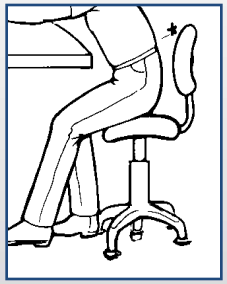
- Elbows at your side



- Wrists Straight



- Three Curves in the Back



Neutral Postures – Before & After





2. Reduce Excessive Force



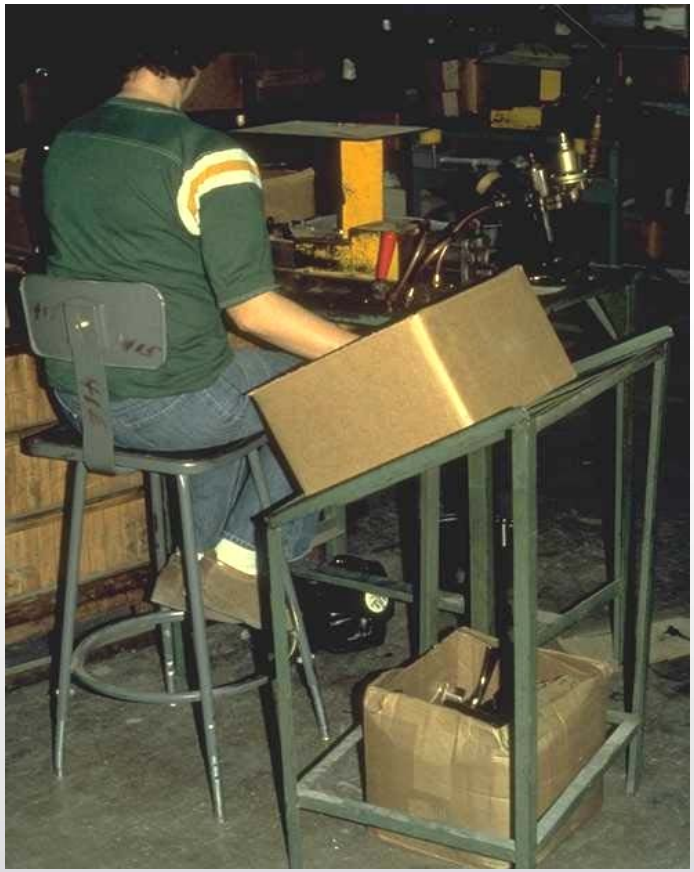


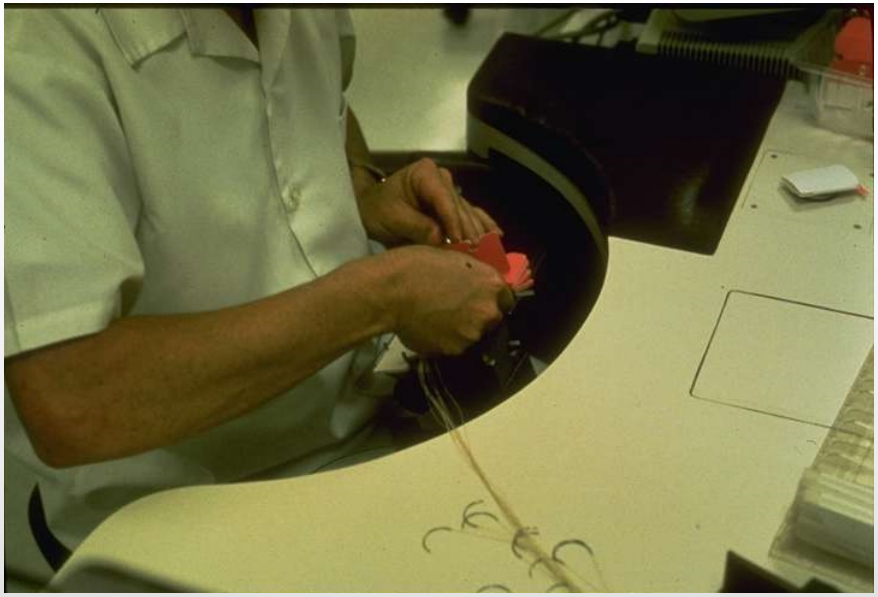
3. Reduce Repetitions – Before & After





4. Keep Everything within Easy Reach





5. Work at Proper Heights





6. Minimize Fatigue & Static Load

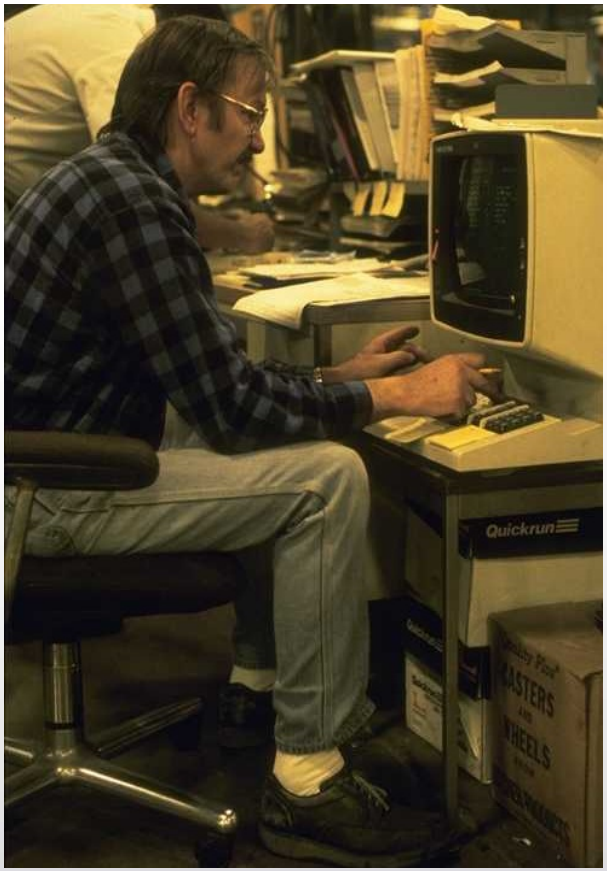


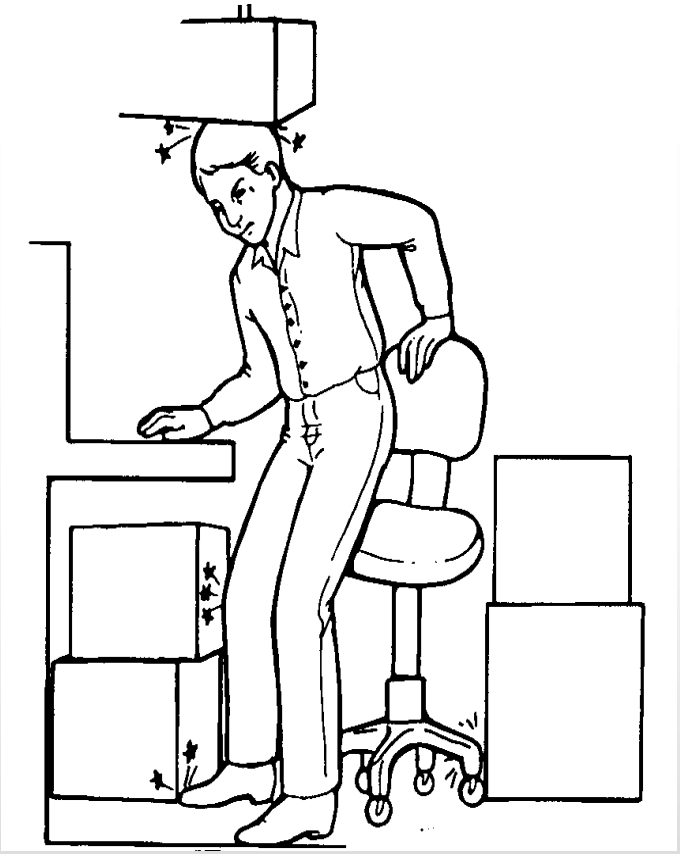
7. Minimize Pressure Points





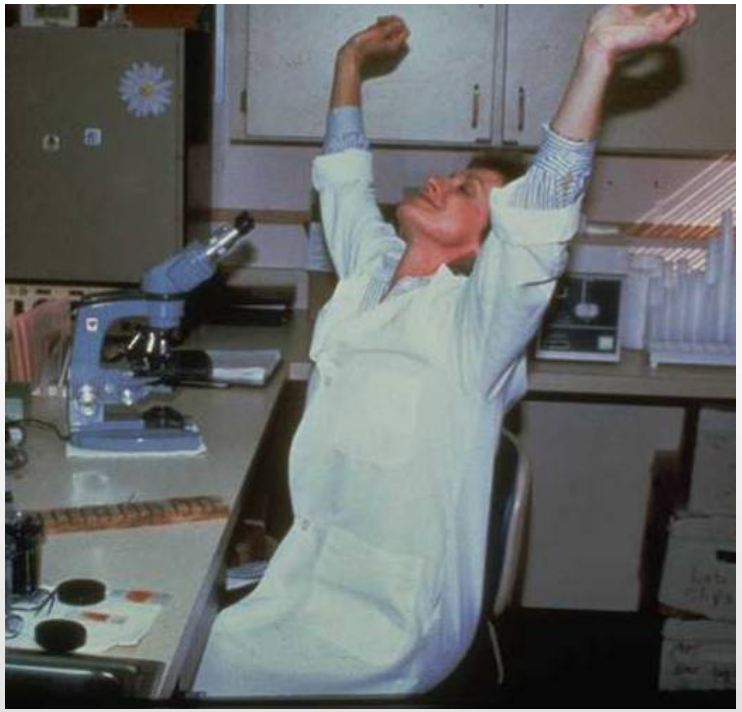
8. Provide Clearance



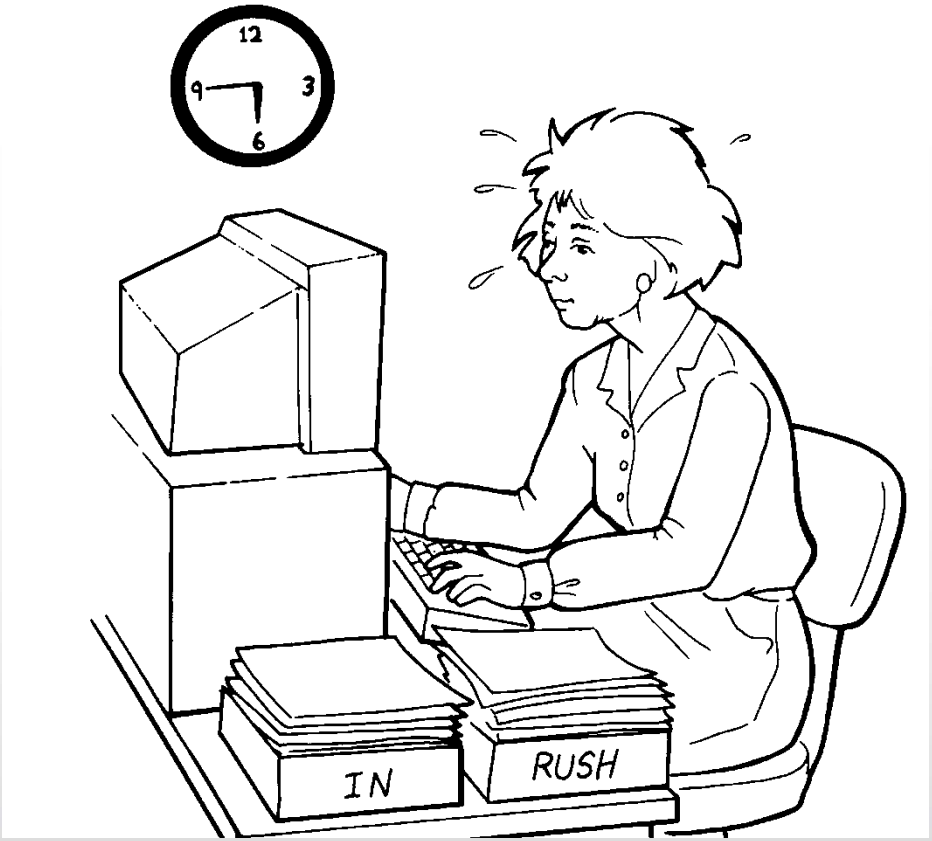


9. Move, Exercise, Stretch

- No one best posture
- Alternate sitting and standing
- Compensate for sustained postures



10. Maintain a Comfortable Environment



- Lighting
- Temperature
- Vibration
- Noise
- Stress

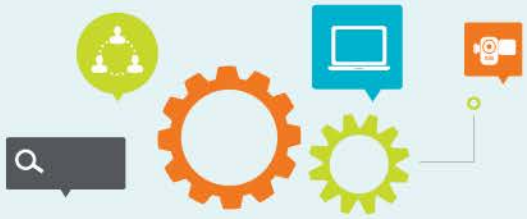
When To Recommend Ergo Eval

- Client with CTD, especially surgical case
- Recurrent injuries
- Method of injury – routine work activities & symptoms developed over time
- Multiple injuries from same area of company

Ergonomic Interventions

- Large majority of ergonomics interventions are very low cost



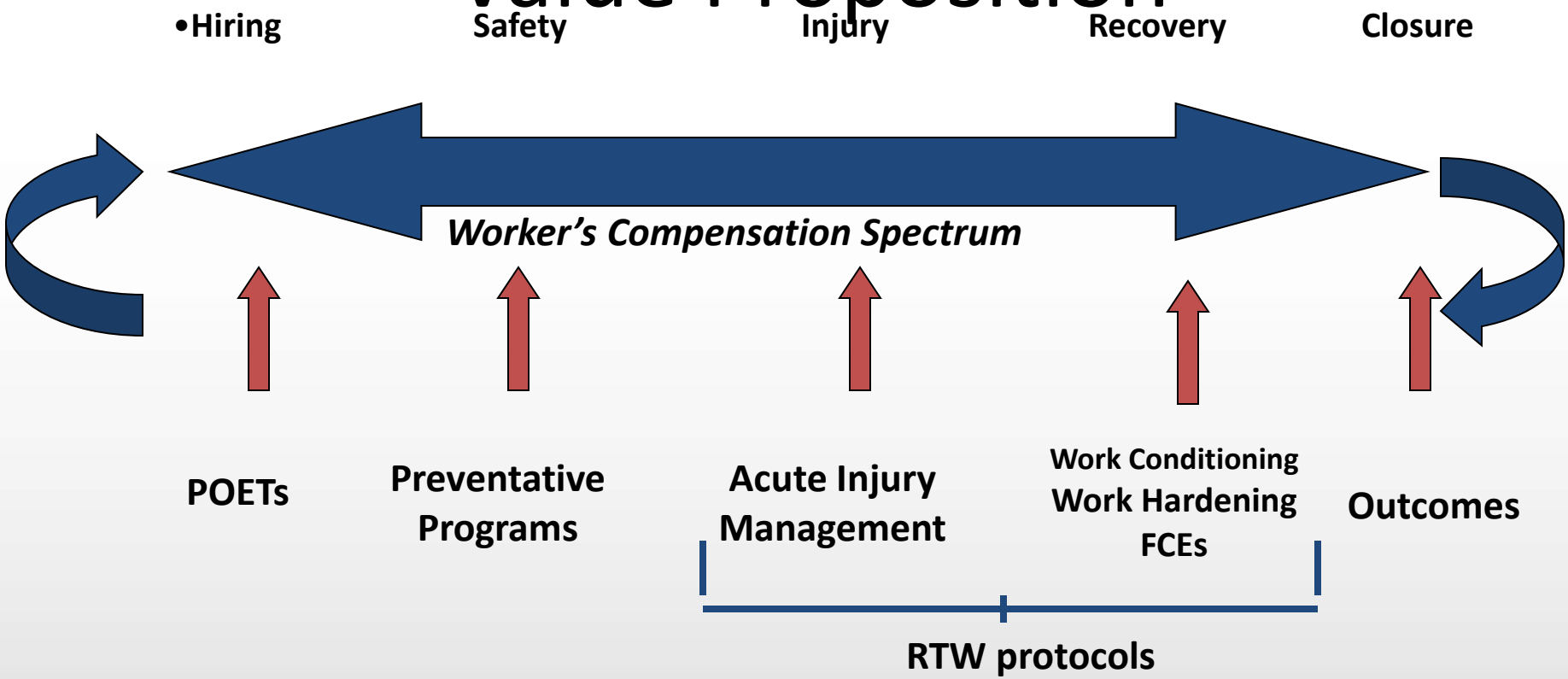


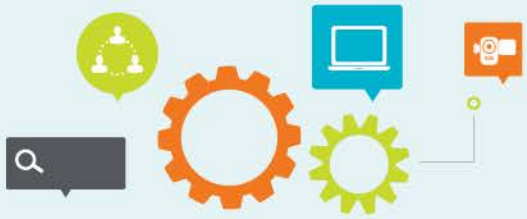
Encouraging Investment in Safety

- Ergonomic costs are minimal compared to injury costs!

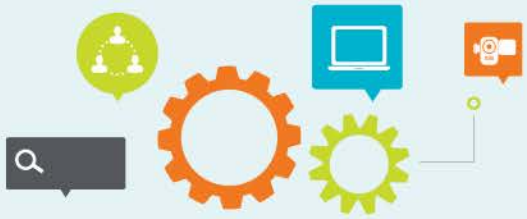
Reduce Percentage of EEs not working at full capacity

Value Proposition





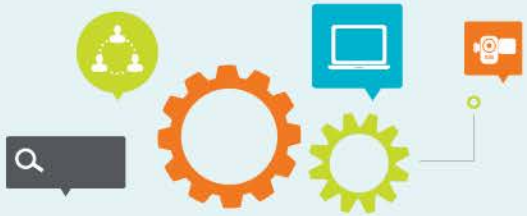
Questions?



Thank you!



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