



Annual Workplace Safety and Health Conference

Controlling Risk with Your Office Ergonomics Program



Risk Management



Understanding Cumulative Trauma

- Wear and tear
- Micro-trauma
- Affects “soft tissues” of the body
- Generalized or localized



What They Feel

- Aching
- Stiffness
- Weakness
- Fatigue
- Soreness
- Swelling
- Clumsiness
- Numbness/Tingling



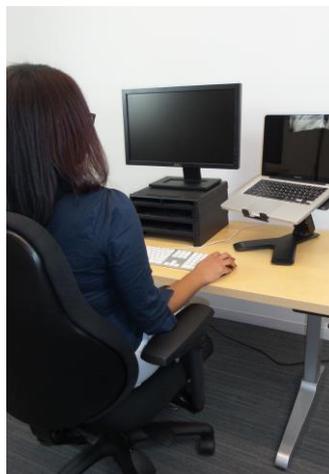
What You See

- Shaking hands
- Rubbing back
- Heating pads
- Splints
- Back rests
- Exercise balls

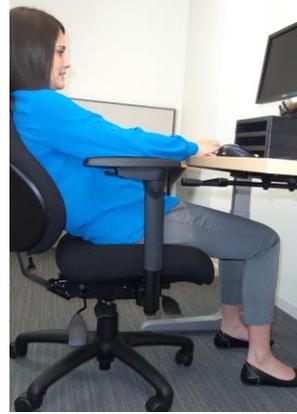
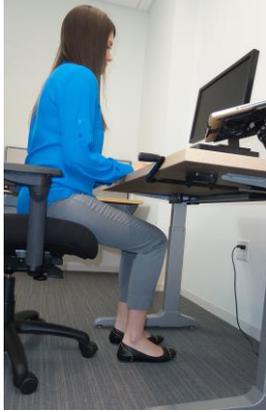


Risk Factors

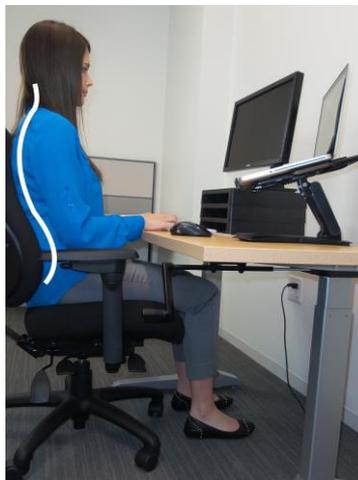
- Awkward postures
- Prolonged postures
- Repetition
- Force



Awkward Postures



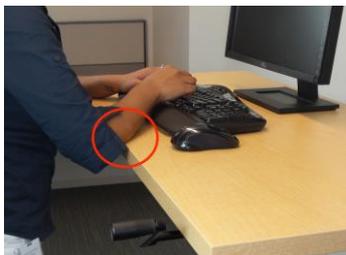
Neutral Posture



Prolonged Postures



Risk Factors: Contact Stress



Movement

Too Much



Too Little



Photo credit: Ev. Eri via VisualHunt.com / CC BY



Safe Postures and Habits

- Proper positioning available
- Frequently moving
- Chair, keyboard/mouse, and monitor



How

1. Culture
2. Management support
3. Policies and procedures
4. Professional training and evaluation



Culture

- Ergonomics is an everyday thing.
- Employees ask for help if needed.
- The way the program works is clear for everyone.



Management Support

- Upper Management
 - Financial support
 - Policy supportUse: Risk management tool
- Mid Management
 - Help them understand why it is good – how they benefit.
 - Make sure they know their role.



Policies and Procedures

- | Furniture and Equipment | Training and Assessment |
|---|---|
| <ul style="list-style-type: none">• Approved product list• Standard and alternative furniture• Installation and delivery• Personal equipment | <ul style="list-style-type: none">• How is it offered• Self help available• Professional evaluation |



Approved Product List



15 Favorites for \$50 or Less



VuRyte 1" Riser | \$8.37

<https://www.officerelief.com/vuryte-vuryser1-plus-monitor-riser.html>



3M Monitor Stand | \$37.09 

<https://www.officerelief.com/3m-adjustable-monitor-stand.html>

Stackable legs: up to 5 3/4" height
Regular: 12" X 15" Wide 12" X 20"



Kensington Easy Riser Laptop Stand | \$25.99

http://www.staples.com/Kensington-SmartFit-Easy-Riser-Cooling-Notebook-Stand-Black-K60112US-/product_JM1M90419
Tilt adjustability.



Adesso short keyboard | \$30.00 

<https://www.officerelief.com/adesso-88-key-mini-keyboard.html>

Eliminates number pad for shorter keyboard; lower price point than similar keyboards.



Goldtouch SlimLine Mouse Pad | \$19.00

<https://www.officerelief.com/goldtouch-slimline-mouse-pad.html>

Available for right or left side.



Goldtouch Gel Filled SlimLine Wrist Rest | \$19.00

<https://www.officerelief.com/goldtouch-gel-filled-slimline-wrist-rest.html>



Standard and Alternative Furniture

Chairs

- One standard chair
- Alternatives:
 - Standard
 - Petite
 - Big/tall



Standard and Alternative Furniture

Desks

- Desk height changes
- Different desks
- Standing options



Personal Equipment and Ergo Hacks



Contact



Thank You

www.healthworksergo.com

CODE: Safety2016

