

Risk Management Bulletin

ERGONOMICS TRAINING

Back injuries . . . carpal tunnel syndrome . . . cumulative trauma disorders. They can have a devastating effect on your company's bottom line. How devastating? Here are the facts: The Bureau of Labor Statistics reports that the average cost for **ONE** cumulative-trauma Workers' Compensation claim is **over \$11,000**. What's more, workers with carpal tunnel syndrome typically miss **30 days** of work. How many of these types of injuries can your company afford?

The key to reducing these injuries is a sound **ergonomics program**, one that includes both engineering changes and employee training. Why is employee training so important? Because the best workplace design *won't do any good if your employees continue their unsafe work habits.*

Our **ERGONOMICS SUCCESS VIDEOS** take ergonomics training out of the realm of theory—they show employees how to use proper body mechanics to avoid injury.

This six-video series is brief and to-the-point. Instead of discussing complex ergonomics theories, these videos deal directly with what your employees need to know. They demonstrate—in actual office and manufacturing settings—specific actions your employees can take to reduce their injury risks.

After watching these videos, your employees will walk away with practical knowledge . . . knowledge they can put to use every day.

Six ways to help cut your Workers' Compensation costs:

✓ Ergonomics Awareness

This video stresses the key role employees can play in identifying ergonomics concerns and making adjustments to their work habits and processes. It identifies common sources of Cumulative Trauma Disorders (CTDs) and other injuries, and suggests initiatives employees can take to protect themselves.

✓ Workstation Adjustment

With this video, you can encourage employees to adjust their workstations to achieve the right fit for them. The video shows stretching exercises employees can do to relieve tension, and how to easily adjust their workstation. It also provides tips on how to reduce eye strain and back pressure.

✓ Lifting

This video demonstrates proper, back-protecting techniques for lifting and moving objects. It explains how to stretch, and the benefits of stretching before attempting a lift. It also includes injury-preventing tips, such as "take breaks on long carries." It even reminds employees to use proper lifting techniques at home, as well as at work.

✓ Back Exercises

Use this video to help explain the structure of the back and how exercise can keep it strong and injury-resistant. The video demonstrates a number of back-strengthening exercises—most of which can be done right at your employees' desks or workstations.

✓ Computer Usage

This video emphasizes to employees that it is possible to be injured at a computer or desk job. It provides practical tips on how employees can adjust their computer work area to reduce wrist and back tension.

✓ Materials Handling

This video shows how to safely push, pull, carry, lift, and lower materials. It stresses planning before handling materials—suggesting that employees consider options, plan routes, stretch properly, and use mechanical aids where possible. It also discusses the importance of a proper grip, reviews lifting techniques, and encourages viewers to vary their workload to allow for rest periods.

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