

## ERGONOMICS \* INJURY PREVENTION

### WHAT IS ERGONOMICS?

Ergonomics is designing a job to fit the worker so the work is safer and more efficient. Implementing ergonomic solutions can make employees more comfortable and increase productivity.

OSHA defines ergonomics as:

... the science of “designing the job to fit the worker, instead of forcing the worker to fit the job.”



### WHY IS ERGONOMICS IMPORTANT?

Ergonomics is important because when you're doing a job and your body is stressed by an awkward posture, extreme temperature, or repeated movement your musculoskeletal system is affected. Your body may begin to have symptoms such as fatigue, discomfort, and pain, which can be the first signs of a musculoskeletal disorder.

### WHAT IS A MUSCULOSKELETAL DISORDER?

Musculoskeletal disorders (MSDs) are conditions that affect your body's muscles, joints, tendons, ligaments, and nerves. MSDs can develop over time or can occur immediately due to overload.

- ❖ MSDs account for more than 50% of disabling health conditions reported by adults in the U.S.
- ❖ MSDs cost \$809.1 Billion dollars (2016 dollars), or 4.4% of the estimated 2016 U.S. GDP.
- ❖ Occupational MSDs account for an estimated \$25.1 billion (2016 dollars) of that amount.

## **WHAT ARE THE ADVANTAGES OF ERGONOMICS?**

### **1. Direct Savings**

- Reduced medical costs and insurance premiums
- Fewer injuries and lower WC Claims
- More productive and sustainable employees
- Fewer workers' compensation claims – The average direct cost of a workers compensation claim for an MSD is \$14,120 – The indirect costs involved bring the total average claim cost to well over \$32,000

### **2. Fewer employees experiencing pain**

- Implementing ergonomic improvements can reduce the risk factors that lead to discomfort.

### **3. Increased productivity**

- Ergonomic improvements can reduce the primary risk factors for MSDs, so workers are more efficient, productive, and have greater job satisfaction.

### **4. Increased morale**

- Attention to ergonomics can make employees feel valued because they know their employer is making their workplace safer.

### **5. Reduced absenteeism**

- Ergonomics leads to healthy and pain-free workers who are more likely to be engaged and productive.