



Early Ergonomic Intervention is a WorkStrategies Program designed to decrease medical reportable claims and lost work time while increasing productivity and employee satisfaction. This is accomplished through assessing an individual's risk factors for development of work-related musculoskeletal disorder after early report of signs or symptoms of musculoskeletal stress. Upon identification of risk factors associated with the worker and their workstation, steps are taken through one-on-one education of the employee with regards to changes that can be made to the workstation and work processes which can have a positive effect on associated risk factors.



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Office Ergonomics

*Prevention & Management
By...*



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Keeping America on the Job



Cumulative
Trauma
Musculoskeletal
Disorders
including
carpal tunnel
syndrome and

sprains, strains and tendonitis of upper extremities account for greater lost work time per episode than injuries occurring to the low back (BLS Nov 1,2007 release). The incidence of carpal tunnel is reported as 3.8-5.0 per 10,000 F/T workers, third highest amongst first line managers and administrative support personnel (BLS 2006). The National Institute of Neurological Disorder and Stroke report, the average cost of one episode of carpal tunnel syndrome including medical care and time lost from work is \$30,000. WorkStrategies wants to assist you in reducing exposure to carpal tunnel syndrome and other upper extremity and spinal cumulative trauma disorders and their associated costs including medical, lost time, lost productivity, replacement worker and effects on employee satisfaction and morale.

Ergonomic Assessments - Individual Onsite

Individual Onsite WorkStation Assessment

One-on-one ergonomic assessment of individual workstations by an ergonomic specialist. The employee would need to be present for the assessment. The ergonomic specialist would spend approximately 30 minutes with each employee at their workstation evaluating their work process and physical arrangement of the workstation.

Documentation of initial workstation design, as well as changes made during the evaluation would be provided to management for each workstation. If additional modifications are required due to set up of recommended alternative equipment or continued issues, follow-up time would be scheduled for the ergonomic specialists to return to continue evaluation of other workstations.

Ergonomic Assessments - Web Based

Web Based Self Assessment

Through WorkStrategies, we can provide each designated employee with access to an electronic tool (E-tool) that would assist them in modifying their existing workstation to meet industrial standards and individual needs. E-tool website would guide them through appropriate design of their work station. This tool can be reused by enrolled employees if they change departments or workstations or are issued new equipment.

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