

The Value of Ergonomics to Your Organization

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In the context of workplace health and safety initiatives, ergonomics remains a priority issue being addressed by employers today.

The primary reason is that poor ergonomic conditions result in a higher incidence of costly musculoskeletal disorders (MSDs). Yet, despite several decades of increased attention given to occupational ergonomics and improving ergonomic conditions, MSD injury rates remain high in some sectors. In fact, in Humantech's 2012 benchmark study, *Elements of Effective Ergonomics Program Management*, some participating companies attributed up to 75% of worker injuries to poor ergonomic conditions.

Get Proactive

Beyond the direct costs of MSDs, these often-preventable injuries also translate to reduced productivity, poor morale among employees, and higher worker turnover. This highlights the importance of addressing poor ergonomics in the workplace by taking a proactive, comprehensive, and strategic approach to the reduction, and prevention of MSDs.

The good news is that there are proven strategies and ergonomic resources available for organizations serious about improving ergonomic conditions.

10 Ergonomic Solutions for Every Organization

Supporting a productive, injury-free staff means equipping them with the necessary ergonomic components that are adjustable and designed to accommodate the wide range of body sizes and shapes that comprise today's workforce. To ensure a healthy, safe, and productive staff, ergonomists recommend the implementation of these 10 ergonomic solutions:

√ **Seating:** Look for durability, support, and maximum adjustability to accommodate staff of varying heights and weights.

√ **Height adjustable desks/workstations:** Accommodates staff of all heights and allows for seated work option, too.

√ **Lumbar supports:** An easy and cost effective way to ensure added lower back support to all staff.

√ **Anti-fatigue matting:** Reduces standing fatigue, improves productivity, and helps prevent slips and falls.

√ **Monitor arms:** Makes the monitor easily adjustable to each worker's eye level, reducing eye and neck strain.

√ **Keyboards and keyboard support systems:** An ergonomic keyboard/keyboard tray at the correct height for each worker helps keep wrists straight and elbows open slightly beyond 90 degrees.

√ **Computer mice/input devices:** The best computer mice keep your arm relaxed while using the device, thus reducing muscle tension in the arm and wrist.

√ **Footrest:** Footrests raise feet to relieve strain on lower back and thigh muscles. Perfect for longer periods of deskwork or as just a great way to relax.

√ **Palm/wrist supports:** Provides support and allows user's hands to freely move above the keyboard while typing.

√ **Task Lighting:** In hospitals, accurately reading reports and other paper documents requires optimum task-specific lighting without the glare and reflection caused by overhead lighting schemes.