Proctor Development Training
Tier III - Ergonomics
July 21, 2011

Environmental Health Services

Ergonomics Program

Ergonomics
Ergonomics

- What is Ergonomics?

Ergonomics is the study of work
- Work Smarter, Not Harder!
  - Designing the job to fit the worker, not forcing the worker to fit the job."
  - Furniture layout, work process setup, pipette use, etc.
- The goal of the program is to try reduce or eliminate employee injury risk exposures while increasing productivity and efficiency.

Examples of Ergonomics

- Adding/using carts
- Raising/Lowering shelf heights
- Ergonomic tools
  - Appropriate grip diameter
- Lift devices
- Machinery
- Safety shoes, non slip floors
- Anti fatigue mats
- Stools

How Ergonomics Helps

- Fewer Injuries
  - Liberty Mutual Estimates
    - $48.6 Billion - Disabling Workplace Injuries
    - Overexertion = 25% = $12.4 Billion
    - Repetitive Motion = 4% = $2 Billion
- Increased Productivity
- Increased Efficiency
- Improved Quality of work
- Improved Employee attitude
- Makes the job easier
Ergonomics Program

What Services are Provided?
- Job Site Analysis (JSA’s)/Ergonomic Evaluations
  - Individuals and Groups (tasks, jobs)
  - It all starts with a JSA
- Training sessions
  - Office, Industrial (can be specific to dept/job/task)
- Written Documentation
  - Reports (problems, recommendations, etc)
- Equipment Loans
  - Computer Equipment, mats, knee pads, gloves, etc (as available)

Matching Funds Program

- Ergonomics now has a matching funds program
  - 50% (up to $500 per employee per FY)
  - Certain criteria must be met
  - Limited Budget
- See Ergonomics website for details
  - www.ehs.colostate.edu/ergonomics

How can eval/training be setup?

- Call or email Frank Gonzales, EHS 491-2724
  - Discuss the needs of jobs, tasks, injuries, worries, risks, etc
- I will visit your job site (dept), analyze jobs, collect data, take pictures, etc
  - Possibly several occasions/days
  - (Provide a job analysis to collect training data)
- I will setup a PPT presentation and finalize training with the data and materials collected
What is included in training?

- Background
- The “problem jobs”
- Examples of Ergonomics
- Benefits of Ergonomics (how it can help)
- Injury Risk Factors
- Signs & Symptoms
- Common Injuries
- Recommendations to fix the problems
  - Eng vs. Admin Controls
    - Reduce injury risk
  - Right way vs. Wrong way
  - Injury Prevention information
    - Stretches, exercises, break time

Ergonomics Program

- The goal is to **Prevent** any and all injuries if possible
  - By providing job analysis, making recommendations, helping with changes, etc
- **Manage** injuries as they occur if they cannot be prevented
  - Help prevent re-injury
  - Increase safety
  - Decrease injury risk

Who can have eval/training?

- Supervisors, Employees, etc

Anyone or any group desiring training can request it be provided
Your Questions?

Contact information

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www.ehs.colostate.edu/ergonomics