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](http://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

Cont
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?
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www.ehs.colostate.edu/ergonomics