

# Ergonomics

## The Science of Human Comfort



All types of organizations, from manufacturers to schools to construction companies, expose employees to injuries related to lifting, repetitive motions, vibration and other risk factors. When aspects of the work or workplace exceed the body's capabilities, the result is often a musculoskeletal disorder (MSD).

### What causes or aggravates ergonomic injuries?

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Frequent or heavy manual handling
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Awkward postures
- 

Forceful exertions
- 

Repetitive motions

A successful ergonomics program can help reduce the number and severity of MSDs.

#### Benefits of a Successful Program

- Reduce number and severity of musculoskeletal disorders
- Decrease workers' compensation claims
- Increase employee productivity
- Increase quality and efficiency of work

#### Components of a Successful Program

- Identification of ergonomic risks in each job
- Workstation evaluations
- Prioritization of which jobs and workstations should be fixed first
- Implementation of controls

#### On-Site Services From EMC

- Observational workstation assessments
- Facility material handling analysis
- Ergonomic risk factor training



#### Resources you can find online at [www.emcins.com](http://www.emcins.com)

- Safety program templates
- Hazard identification training for supervisors
- Office setup training
- LiftRight<sup>SM</sup> and SmartMod<sup>TM</sup> mobile apps
- Educational posters



# Did You Know?

A leading cause of workers' compensation claims is overexertion and bodily reaction, causing employers to spend an estimated

# \$20 BILLION

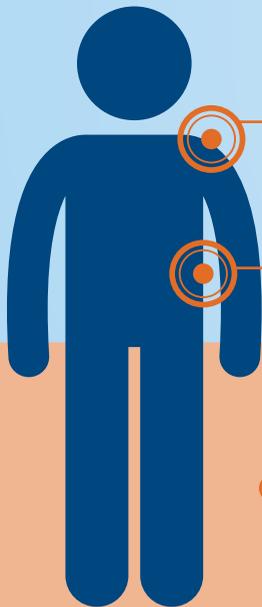
on direct costs for MSD-related workers' compensation annually.



These disorders now account for

## one out of every three dollars spent

on workers' compensation.



The most severe MSDs occur to the shoulder, requiring a median of 24 days to return to work.

For all occupations, back injuries account for 42% of MSD cases, with a median of 7 days to recuperate.

OSHA estimates that work-related musculoskeletal disorders in the United States account for over

## 600,000 injuries and illnesses per year.

### Six occupations account for 26% of MSD cases:



Registered nurses



Nursing assistants



Laborers



Janitors and cleaners



Heavy and tractor-trailer truck drivers



Stock clerks

Hello

## Contact EMC Today

EMC loss control representatives are ready to help you develop an ergonomics program. To set up a consultation, contact your independent insurance agent, a local EMC loss control representative or email [losscontrol@emcins.com](mailto:losscontrol@emcins.com).