

# 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?

- Frequent or heavy manual handling
- Awkward postures
  - ▶ Production downtime
  - ▶ Overtime costs

### BENEFITS OF A SUCCESSFUL PROGRAM

- Reduce number and severity of MSDs
- 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 AT EMCINS.COM

- Safety program templates
- Hazard identification training for supervisors
- Office setup training
- Educational posters

### 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, local EMC loss control representative or email [injurymgmt@emcins.com](mailto:injurymgmt@emcins.com).



## 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.

OSHA estimates that work-related musculoskeletal disorders in the United States account for over 600,000 injuries and illnesses per year.

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.

### SIX OCCUPATIONS ACCOUNT FOR 26% OF MSD CASES:

- Registered nurses
- Nursing assistants
- Laborers
- Janitors and cleaners
- Heavy and tractor-trailer truck drivers
- Stock clerks

## Valuable Loss Control Resources

EMC's loss control program dates back to 1926, and we continually enhance and expand our policyholder resources to deliver the most robust and current information and tools, all at no additional cost. Expert on-site and online services include:

- Ergonomics
- Hazard control assessment
- Injury management programs
- Online safety training
- Slip and fall prevention

Check out [emcins.com/losscontrol](https://emcins.com/losscontrol) to learn more.



emcins.com

<sup>1</sup>U.S. Department of Labor-Bureau of Labor Statistics: [http://stats.bls.gov/news.release/archives/osh2\\_11082012.pdf](http://stats.bls.gov/news.release/archives/osh2_11082012.pdf)

<sup>2</sup>U.S. Department of Labor-Bureau of Labor Statistics: [http://stats.bls.gov/news.release/archives/osh2\\_11082012.pdf](http://stats.bls.gov/news.release/archives/osh2_11082012.pdf)

<sup>3</sup>RAND Institute for Civil Justice, Center for Health and Safety in the Workplace: [http://www.rand.org/content/dam/rand/pubs/working\\_papers/2010/RAND\\_WR745.pdf](http://www.rand.org/content/dam/rand/pubs/working_papers/2010/RAND_WR745.pdf)

<sup>4</sup>National Institutes of Health, U.S. National Library of Medicine: <http://www.ncbi.nlm.nih.gov/pubmed/22466434>