

# Supporting comfort and productivity at work

No matter the industry—whether it’s manufacturing, education, or construction—employees often face risks like lifting, repetitive motions, and vibrations that can lead to musculoskeletal disorders (MSDs). These injuries occur when the demands of a job exceed the body’s natural limits, resulting in pain and lost productivity.

## The hidden risks of everyday tasks

Some of the most common causes of ergonomic injuries include:

- Frequent or heavy lifting
- Awkward or strained postures
- Repetitive motions
- Prolonged exposure to vibration
- Extreme temperatures
- Work stress

## The benefits of focusing on ergonomics

When workplaces are designed with people in mind, everyone wins. An effective ergonomic program can:

- **Reduce injuries:** Reduce the frequency and severity of MSDs
- **Save money:** Cut workers’ compensation claims and overtime expenses
- **Boost productivity:** Help employees work comfortably and efficiently
- **Improve work quality:** Minimize errors and downtime caused by discomfort



## Six steps to a safer workplace

Addressing ergonomic risks doesn’t have to be complicated. Here’s how to get started:

1. Show strong commitment from management to prioritize safety
2. Involve and train employees to recognize and address ergonomic risks
3. Identify risks specific to each role or workstation
4. Assess workstations and job tasks to pinpoint problem areas
5. Prioritize and address the most critical risks first
6. Implement tailored solutions to improve comfort and efficiency

## Did you know?

Overexertion and bodily reactions are the leading causes of workers' compensation claims, costing U.S. employers \$50 billion annually. These injuries now account for one in three dollars spent on workers' compensation. OSHA estimates over 500,000 MSD-related injuries occurred in the United States over the past two years.

The most severe injuries often involve the shoulders, requiring a median of 30 days for recovery, while back injuries make up 37% of MSD cases, with employees needing a median of eight days to return to work.

## Top five occupations for MSD cases:

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

## Tools and resources to support you

At EMC, we provide a comprehensive range of resources to help you create a safer, more efficient workplace. Our services are designed to reduce injuries and keep your operations running smoothly, all at no extra cost.

Here's how we can support you:

- **On-site expertise:** Observational workstation assessments, facility material-handling analysis, and ergonomic risk factor training for your team
- **Online resources:** Safety program templates, supervisor hazard identification training, office setup guides, and educational posters

We're always evolving our resources to meet your needs. From ergonomics to slip-and-fall prevention, our loss control program delivers expert guidance tailored to your business, so you can protect your team and your bottom line.

Ready to get started? Visit [emcinsurance.com/losscontrol](https://emcinsurance.com/losscontrol) to explore our tools and services today.



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