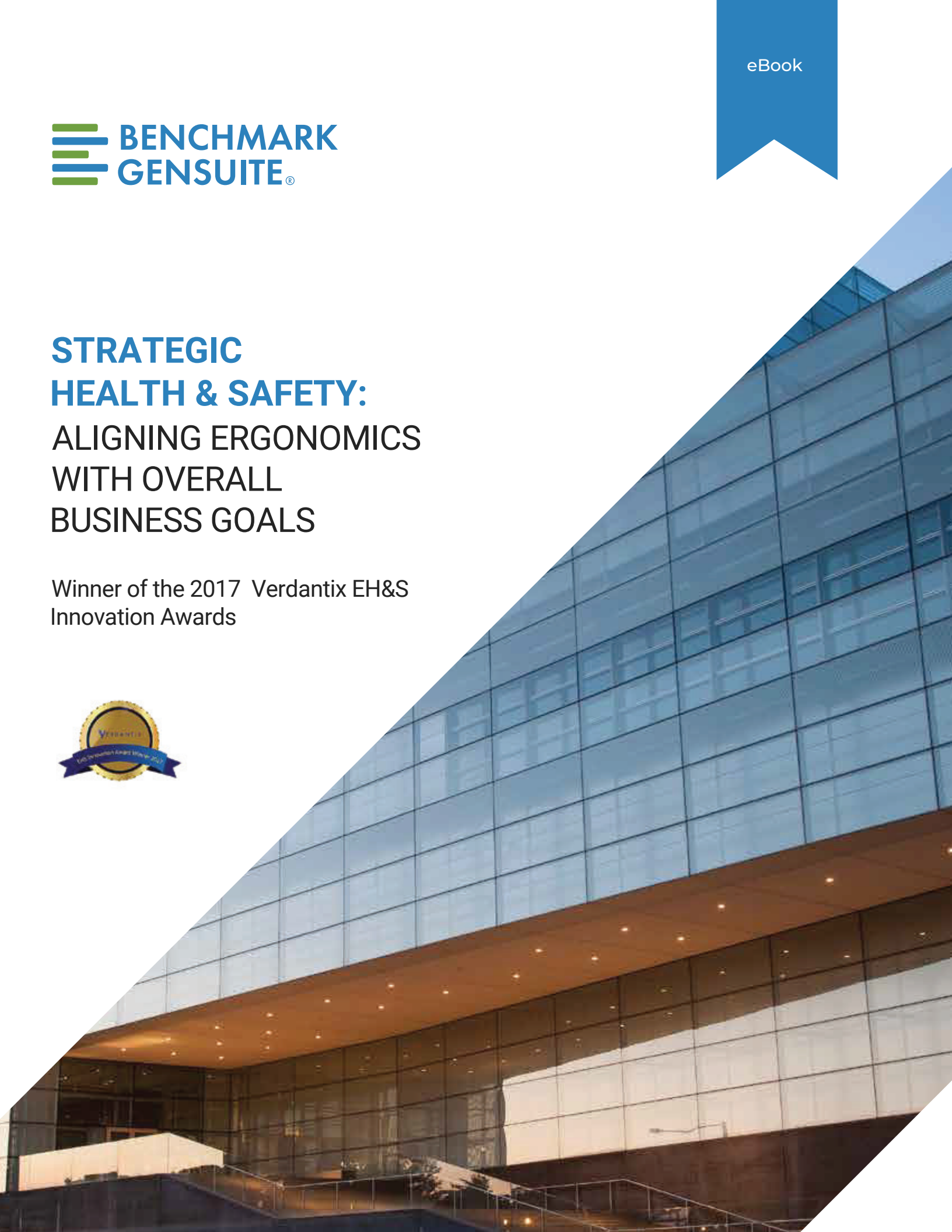




STRATEGIC HEALTH & SAFETY: ALIGNING ERGONOMICS WITH OVERALL BUSINESS GOALS

Winner of the 2017 Verdantix EH&S
Innovation Awards





Introduction

The International Ergonomics Association defines ergonomics as, “the scientific discipline concerned with understanding of interactions among humans and other elements of a system, and the profession that applies theory, principles, methods and data to design in order to optimize human well-being and overall system performance.” If we derive the Greek meaning of the word, ergo translates to work and nomos translates to laws. Simply put, it is fitting a job to a worker. So, why is it important to include ergonomics with workplace program and process design?

When companies neglect to create an ergonomically effective workplace, they put themselves and their team at risk. Over time, poorly designed work systems can lead to work-related musculoskeletal disorders (MSDs). These soft tissue injuries occur due to repetitive strain and overuse that develop gradually. Some of the common activities that cause MSDs are:

- **Heavy, Frequent, or Awkward Lifting**
- **Pushing, Pulling or Carrying Loads**
- **Working in Awkward Postures**
- **Hand Intensive Work**
- **Vibration**
- **Contact Stress**

The risk of such injuries is dependent on a combination of the duration, frequency and intensity of exposure to these activities. Knowing these risks, understanding ergonomics and building an environment that is conducive to the work of your employees can save your company in the long run.

A common misconception is that ergonomics only relates to workplace health & safety. In reality, ergonomics goes beyond health & safety to optimize overall employee performance. Designing a work system with ergonomics in mind means establishing an environment that supports employee well-being, productivity, efficiency and effectiveness. Despite the many benefits that come with creating an ergonomically sound workspace, as workplaces continue to evolve they are developed without ergonomic considerations or guidance.

As leaders in the occupational health & safety industry, Benchmark Gensuite offers a comprehensive ergonomics software solution with our award-winning Ergo Evaluator application module. Ergo Evaluator enables companies to manage ergonomics dynamically with a 2-in-1 solution, enabling you to foster safe & sustainable work now and into the future to help you achieve your business goals.

In this eBook, you will discover how using a digital solution can help you create, manage and improve the ergonomics of your work environment to help you realize business saving opportunities.

- i. Ergonomics by The Numbers
- ii. Staying Ahead of the Curve with Gensuite Ergo Evaluator
- iii. Benchmark Gensuite Subscriber Case Study



Ergonomics by the Numbers

Did you know that ergonomic-related injuries cost companies billions every year? And not just in dollars. Poor ergonomics leads to loss of work productivity as well. Here's a look at the impact ergonomics has on business:

According to the U.S. Department of Labor,

33%

of all worker injury & illnesses cases recorded in 2013 were MSD related.

Examples of MSD



Carpal Tunnel Syndrome

\$30,000 is the lifetime cost of carpal tunnel syndrome for a single injured worker



Tendinitis



Rotator cuff injuries
(affects the shoulder)



Epicondylitis
(affects the elbow)



Trigger Finger



Muscle strains and
low back injuries



Work-related MSDs are among the most frequently reported causes of lost or restricted work time.



The Occupational Safety & Health Administration (OSHA) cited that MSDs have direct costs of between \$15 to \$20 billion per year, with total annual costs reaching \$45 to \$54 billion.

A study conducted by the Staples Advantage Survey revealed that most workers responded positively to ergonomic intervention:

1 in 3 claimed that it would make them more pleasant to work with

1 in 2 said they would be more productive

35% said they would feel less stressed

66% said it would improve their posture

Staying Ahead of the Curve with Benchmark Gensuite Ergo Evaluator

How can Benchmark Gensuite help reduce ergonomics risks and instead align with business goals? Benchmark Gensuite's Ergo Evaluator is the only tool you need to manage company-wide ergonomics and was recently recognized as a winner in the Verdantix EHS Innovation Awards! Ergo Evaluator enables users to standardize an ergonomics improvement process, build customized corrective actions based on analysis of risk factors and affected body part(s), identify cost-saving opportunities and more, enabling you manage ergonomics with overall business goals using a single digital solution.

Discover What Ergo Evaluator Can Do for You!

Stay ahead of the curve with digitized ergonomics management

- Establish a standardized process and workflow for ergonomic improvement projects across all sites, including Industrial & Office specific ergonomic assessments onsite or in the field
- Identify risk factors for activities using an online Ergo Risk Factor Identification form with incorporated guidance from NIOSH Lifting Equation Calculation
- Conduct Office Ergo Workstation Evaluations - employee self-evaluation or employee evaluations conducted by supervisors
- Build customized corrective actions based on analysis of risk factors, affected body part(s) or recommended improvements
- Copy projects & evaluations with similar ergonomic problems within and across locations
- Attach support documentation - diagrams, images or documents to evaluations
- Mobile capabilities enabling field assessments in real-time

2-in-1 Ergonomics Management Tool to Deploy Across All Workplace Environments

You can trust our proven tool for complete ergonomics management in any setting.

ERGO EVALUATOR/ERGO PROJECT COMPARISON:

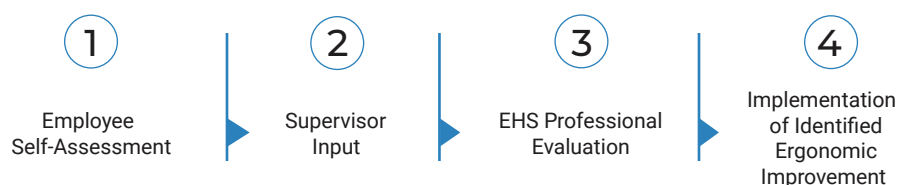
ERGO EVALUATOR

- Employee Evaluations
- Office-Environment Specific Evaluations
- Digitized Review Process

ERGO PROJECT

- Follows the DMAIC (Six Sigma) process to Define, Measure, Analyze, Improve & Control
- Risk Identification Form for data-driven improvement
- Input Analysis Tools, including digitized NIOSH Lifting Guide
- Attach Documentation/Images/Diagrams
- Indicate Cost Justifications

ERGONOMICS WORKFLOW:





Subscriber Case Study



Industry:
Telecommunications



Number of Employees:
10,000+



Benchmark Gensuite Application:
Ergo Evaluator

With 10,000+ employees at their office locations, A Benchmark Gensuite subscriber in the telecommunications industry needed a centralized system to facilitate ergonomics assessments with an organized process that involves site supervisors and EHS managers. Prior to working with Gensuite, the company did not have a system put into place for ergonomics, and instead addressed employee needs on an ad hoc basis.

The company partnered with Gensuite to develop a tool and process for reviewing ergonomics self-assessments and driving corrective actions in an organized and timely manner.

Part of what makes this project so innovative is its self-help approach. The assessment itself allows employees to resolve ergonomics issues on their own, if feasible, providing self-help resources such as instructions and videos. This not only saves overall time spent correcting ergonomics issues, it also educates employees on how to create a comfortable and safe work environment for themselves.

Using Benchmark Gensuite, they established a digital ergonomics process that involves supervisors and EHS managers and can be used consistently across sites. It provides a way for employees to complete self-assessments, have the assessments reviewed by site supervisors, and alerts EHS managers to the need for an in-person evaluation, as well as to assign and track corrective actions to closure.

The team developed the assessment with Gensuite, customized to address their unique office environment, and is readily and easily accessible for employees to use as needed on their communications platform.

Since deployment, the time spent resolving ergonomics issues has decreased by over 33%. In addition, the company now has visibility to how much ergonomics costs them, using data from assessments and tracked orders to measure the amount of money spent on ergonomics and medical equipment.

From its pilot to now, the ergonomics tool that the company and Benchmark Gensuite developed has received positive feedback from employees. EHS manager & Gensuite User calls the new digitized ergonomics process, “the most comprehensive system (the company) has ever used.”

Conclusion

As seen in the subscriber case study, setting up a strong ergonomics program not only reduces workplace injury & standardizes ergonomics activities, it also provides valuable insight into how to improve overall business objectives and take action. Choosing a software solution streamlines the process further by making all ergonomics management available on a single tool.

Are you ready to reduce costs, improve productivity and create a safer & more sustainable work environment overall? Contact us to learn more about Ergo Evaluator

<https://www.benchmarksuite.com/contact-us/>



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