

# Prevention Programs that Work

## Part 2



# Ergonomic Analysis

- An assessment of worker performance and safety as they relate to the interaction of the client and his/her specific working environment. It involves a visit to the workplace to assess the detailed occupational biomechanics required for the successful performance of the identified job task. This ergonomic analysis is a prerequisite to the development of any prevention program.



- This analysis is recommended whenever:
  - The employer identifies incidence of musculoskeletal injuries within a specific job title or department which is impacting safety and/or productivity.
  - A referral source identifies the need based on resolving return to work issues for a particular client.



- **Features:**

- The analysis involves 2-5 hours per job title. The length of time required will be dependent on the number of job tasks and the number of shifts requiring observation.
- Phase I – visit with medical and safety risk management personnel to gain insight of present problem areas and actions implemented to date.



- Phase II – Onsite visit of the facility includes:
  - interview of managers and workers,
  - photographs/videotape of workers to study specific tasks and body positions which may relate injuries,
  - examine work procedures and tools to assess overall ergonomics.
- Generation of the report outlining potential risk factors and corrective actions.
- Debriefing with medical and safety risk management to determine which corrective actions are feasible to implement.



# Industrial Prevention Programs

## Work Smart Program

- The prevention program is conducted after an extensive Ergonomic Analysis is done onsite to quantify the potential for on-the-job injuries, and culminates in both supervisor and worker training given as a multi-media presentation on “The Professional Industrial Athlete.”
- Each program is individualized to the client company and the presentations have the potential to be given anywhere and at anytime during all work shifts. Follow up is recommended to track effectiveness and, if necessary, training of the corporate medical staff for back and cumulative trauma disorders.



- **Features:**

- Following the Ergonomic Analysis, the recommendation may indicate the need for the Work Smart program.

- **The Management Presentation**

- The objectives of the training is to:
  - **share knowledge gained in the analysis with supervisory staff,**
  - **educate staff on posture, movement, body care, and work procedure risks,**
  - **discuss worker – supervisor attitude and its effect on injury claims,**
  - **receive suggestions from management on the practicality of any adaptations recommended.**



- Program design involves incorporating mutual recommendations into the worker training.
- Worker training is groups of 25:
  - \* Work Smart program
  - Interactive slide presentation with an obstacle course to integrate proper body mechanics
  - Demonstrate Reversal-of-Posture exercises



- Follow up is conducted within 1 mo. of completion of the worker training to share evaluations done by workers of the program and to assess the training effectiveness. F/U is also done at regular intervals with the supervisors and safety department to ensure carryover and to track incidence of claims and injuries.
- Refresher Session – 45 mins.
- For New Employees



- **Benefits:**

- Reduction in lost time claims and lost days by 40+%.
- Improvement in productivity.
- Cost justification and return on investment.



If you want to implement a Post Offer Functional Screen program or a successful Prevention Education program, contact Accelerated Rehabilitation Centers at 877-97-REHAB (877-977-3422).

