

ERGONOMICS AND SAFETY – COMMON GROUND!

According to statistics, poor ergonomic practice/design is a leading cause of workplace injury and illness. Five million workers affected each year have pushed compensation costs to billions of dollars. Staggering, isn't it!

Ergonomic principals are not difficult to understand. Equipment, jobsites and procedures can easily be designed to provide safety, comfort and ease of use, productivity and performance. There is no rocket science here!

It doesn't cost a fortune to make sure your company is ergonomically fit. In fact an aggressive, proactive ergonomic program will profit your company.

HERE IS WHAT YOUR COMPANY CAN EXPECT WHEN YOU ARE ERGONOMICALLY FIT!

- Lower workers compensation expenses
- Lower rate of absenteeism due to lost time injury and fatigue
- Increased productivity and performance
 - By using equipment and systems that simplify procedure and maximize safety.
 - Good ergonomics will boost employee morale. A happy worker always performs better.
 - Reduces stress for everyone.

WHAT IS THE SOLUTION? BE FAMILIAR WITH THE FOLLOWING BASICS:

- Job sites should be designed to minimize the number of repetitive movements it takes to complete a given task. Always look for ways to simplify, do it smarter and safer.
- Properly designed equipment eliminates forceful, repetitive movements and awkward postures.
- Always be mindful of workers posture. Keep body movement at mid range as much as possible. Avoid over extension and use the major muscle group first. It is important to vary posture also.
- Consider the weight and size of equipment you use. Both factors can put your workers at high risk of injury.
- Make sure that workers observe reasonable weight limits when handling materials.
- Proper stretching exercises help to alleviate muscle tension and discomfort.

Think about having an Ergonomist do some in-house training for you. Train your workers to be conscious of their body mechanics as they perform their duties. Equipped with strong ergonomic skills and equipment, many workers will be able to prevent injury and long-term illness.

I think it's obvious that pressure on performance and safety improvements is part of our culture and constantly becoming more so. We must adapt to the expectations and needs of a maturing work force.

We can help you assess your ergonomic needs. Call us at 1-866-475-2046 or contact us online at www.rtexinc.com for a free no obligation consultation. An R Tex representative will then call you at an agreed time to discuss you specific needs.