

ERGONOMICS & WORKSTATION ADJUSTMENTS

It is the legal responsibility of the employer to provide workers with a safe workplace environment. Poorly designed work environments will directly cause injuries to staff such as neck pain, headaches, chronic lower back pain and RSI. These injuries lead to worker fatigue and error, absenteeism and costly Workers Compensation Claims. As ergonomics will significantly improve staff comfort and safety in the workplace while maximising efficiency and productivity, it is an essential component of Human Resource Management.

Workstation Assessments performed in-house by unqualified staff are usually administered inaccurately. Staff are often given incorrect information and left with inappropriate adjustments. Ineffective equipment recommendations can be costly and negate ergonomic initiatives.

Bodysmart has devised a comprehensive ergonomics package "Ergosmart". This package will be customised to your organisation's staffing requirements and budget.

Our complete "Ergosmart" package provides lasting, cost effective solutions. We provide interactive education, precise ergonomic adjustment and the provision of quality equipment customised to the individual.



Bodysmart: key differences...

- Qualified Physiotherapists and Occupational Therapists perform assessments.
- Assessments incorporate a strong education component; empowering staff to be proactive about their health.
- Every staff member receives our custom designed handouts to increase the effectiveness of the Ergonomics program.
- Simple, practical and cost-effective recommendations are given, tailored to the needs of your workplace.
- Bodysmart utilises all forms of environmental adaptation prior to the recommendation of purchasing equipment.
- If employee health and safety is compromised we source and prescribe quality equipment, customised to the individual.

Benefits to your organisation...

REDUCE	INCREASE
<ul style="list-style-type: none"> • Lost time to injuries and absenteeism • Workers compensation claims • Insurance premiums • Errors and workplace fatigue 	<ul style="list-style-type: none"> • The overall health status of your workforce • Staff productivity • Staff retention and morale

Key research...

Research conducted across 200 companies who had undertaken ergonomic assessments and equipment provision found that 92% of respondents reported a decrease in Workers' Compensation costs of more than 20%; 72% reported productivity increases of greater than 20%; and half the respondents reported quality increases in excess of 20%.

Joyce M., (1998) "The Business Case for Ergonomics/Human Factors", Occupational Hazards, vol. 60, iss. 12, pg. 45-49.

THE ERGOSMART PROGRAM



Risk Identification
Identifies risk factors unique to employee

Assessment
Current work posture and equipment set-up is evaluated

Adjustment
Existing equipment is customised to individual, recommendations are made

Action Plan
Formulated to address risk factors and enhance workstation design

- Staff Resources**
- Ergosmart information sheet
 - Officesmart stretch poster
 - Laptopsmart tip Sheet
 - Action Plan detailing key changes and recommendations



- Management Resources**
- Summarised **Action Plan** for each employee detailing recommendations
 - Summarised equipment order form
 - A3 reminder posters for staff rooms

Equipment Sourced
Quality equipment will be sourced to enhance workstation safety

Follow-up
Follow-up assessment will be performed for items that require adjustment

Optional Features

<p>Equipment Supply</p> <p>Most appropriate equipment can be supplied and installed to enhance efficiency and accuracy</p>	<p>Reports</p> <p>Individualised reports can be generated and customised to meet your organisation's needs</p>
<p>Follow-up Workshops</p> <p>Will enhance information retention and promote ergonomic culture</p>	<p>Review Program</p> <p>Ensures new and existing staff have a safe workstation design at all times</p>

Our comprehensive Ergosmart program makes good business sense