



Elements Of Ergonomics

Musculoskeletal

Disorder injuries affect

over 19 million workers

per year and account for

85% of workers'

compensation payments.

Program Includes:

- 2 Videos or DVD's
- Administrative Materials
- Software Templates
- PowerPoint Presentation
- 5 Employee Handbooks

Video Lengths: 10 minutes
14 minutes

- Available in Spanish
- Closed Captioned

Blueprints for Safety
www.utahsafetycouncil.org

PROGRAM OVERVIEW:

This program contains two modules designed to provide your employees with an understanding of the importance of ergonomic awareness and how to implement an effective ergonomic plan in your company. Module one, "Basics of Ergonomics," provides a general overview of ergonomics. Module two, "Elements of an Ergonomics Program," delves deeper into the topic and outlines the necessary elements of a successful ergonomic program.

YOU & YOUR EMPLOYEES WILL LEARN:

- The Definition of Ergonomics
- Definition of Musculoskeletal Disorders (MSDs)
- Risk Factors for MSDs
- Important Principles of Ergonomics
- Short- and Long-term Ergonomic Solutions
- Elements of a Successful Ergonomic Program
- Steps for Establishing and Monitoring Your Ergonomic Program

PROGRAM CONTENTS:

- Explanation of the California and Washington State Ergonomics Standards
- Step-by-step Instructions for How to Develop Your Ergonomic Program
- Written Program Development
- Elements of Ergonomics Written Program
- Recordkeeping Forms:

Workstation Evaluation Form
MSD Hazard Control Worksheet
Ergonomic Program Evaluation
Employee Comfort Survey
Ergonomic Improvements Summary
Ergonomics Meeting Planner
Ergonomic Task Analysis Worksheet
Ergonomics Team Minutes
Ergonomics Training Record
Injury Cost Assessment