



Ergonomic Worksite Evaluations

According to the Bureau of Labor Statistics (2012), musculoskeletal disorders account for 34% of all workplace injuries and illnesses requiring days away from work. It is, therefore, imperative that the ergonomic risks in the workplace be identified and addressed.

Worksite evaluations represent the best the field of ergonomics can offer with regard to person-to-person intervention and outreach. At P3 Ergonomics, we approach worksite evaluations on two fronts. First, the proactive or preventative side (before an injury occurs) and secondly, the reactive or Workers Compensation side (after the injury occurs).

Preventative Evaluations



In a proactive ergonomics program, the focus is on completing ergonomics evaluations at the first sign of discomfort or ergonomic risk. These evaluations are also suited to newly hired individuals, those who

have moved to new workstations or employees who have raised issues of functionality or comfort.

Our typical preventative ergonomics evaluation includes:

- On-site employee interview
- On-site adjustments
- Identification of risk factors that contribute to the onset of Repetitive Motion Injuries
- Identification of areas of discomfort
- Identification of high risk activities that may contribute to RMI's.
- Photographs of workstation
- Training and education on the avoidance of RMIs
- Written office ergonomics report incorporating:
 - * Information on observations and findings
 - * Risk Factors
 - * Problem areas and solutions
 - * Photographs (before and after, if relevant)
 - * Product recommendations (if, relevant) with photos and specific product characteristics, model numbers and vendor information
 - * Risk factor counts

Reactive Evaluations

Reactive evaluations are focused on an employee's needs following an injury or Workers' Compensation claim. These evaluations are targeted to individuals who have experienced injuries and have specific work restrictions that need to be addressed or those who are returning to work from a non-occupational injury/illness. Reactive evaluations are an excellent way to facilitate early return-to-work and meet the requirements of modified/alternative work guidelines within the Workers' Compensation system.



Our typical reactive ergonomics evaluation includes all of the components of a preventative evaluation, with additional consideration of the employee's current work status and work restrictions and review of medical histories and doctors' reports to assist all parties involved in the process of a smooth resolution and return-to-work.

Work Site Audits – Office / Industrial

P3 Ergonomics also specializes in large group ergonomic interventions for industrial environments ranging from manufacturing and construction to laboratory/health care. Our Worksite Audit is typically comprised of the following:

- On-site observation of work areas
- Collection of data regarding work processes and facility layout
- Selected interviews with employees
- Photographs
- Data capture on ergonomic risk factors
- Research and recommendations
- Product/equipment recommendations (if relevant)
- Adjustments and suggestions for improving worksite efficiency and safety
- Comprehensive report on observations and findings



Let us bring our tested process to your organization to help in reducing repetitive motion injuries in your workplace!