

# Ergonomics

*Reducing Risk. Increasing Productivity.*



**Ergonomics—the science of designing work around the worker—is good for employees and good for business.**

Consider the impact. US companies spend nearly \$62 billion annually (more than \$1 billion per week!) in direct costs for nonfatal workplace injuries.<sup>1</sup>

And musculoskeletal disorders (MSD), the single, largest category of workplace injuries, are responsible for ~30% of all worker's compensation costs.<sup>2</sup>

Thankfully, ergonomics is a game changer. It can help reduce an employers' direct and indirect workers' compensation costs by 60-90%.<sup>3</sup> It can also improve productivity and decrease turnover, while increasing employee engagement and job satisfaction.

**Apex has been successful in helping clients eliminate their lost-time MSD-related injuries by over 50%.** Protecting your workers, improving your safety culture, and optimizing your workplace can yield substantial returns. Don't just take our word for it. Let us show you how.

**The value is clear. Knowing where to focus may not be. We can help.**

[www.apexcoss.com](http://www.apexcoss.com)



## Our Services

Grounded in science, our solutions are designed to accurately assess your workplace and your workers, determine the requisite level of support, and produce meaningful results for your organization.

### Assessments



**Goal:** identify ergonomics risks and prioritize risk factors and solutions.

- **Individual:** Guidance and work practice training for specific employees, can be useful in return to work scenarios.
- **Workstation:** Focused review of workstation or process to improve productivity and job performance.
- **Ergo-Sweep:** Worker population screenings to provide general recommendations for posture, equipment, and practices to stakeholders.
- **Physical Demand Analyses:** Physical demand documentations of a given job or process such as requirements for weight lifted, pushed, or pulled and how often per day.
- **Risk Mapping:** Job risk assessments throughout a facility, with prioritization based on departments, locations, or groups.

### Program Evaluation and Development



**Goal:** improve ergonomics and safety culture by advancing the way your company works.

- **Injury Analyses:** Thorough reviews of injury trends and analysis by job type, location, shift, department, etc.
- **Return to Work:** Policy and procedure evaluations for return to work and medical management of injured workers.
- **Program Gap Assessments:** Objective benchmarking of current program against world-class peers in industry and comparisons of written policy and program effectiveness.
- **Policy and Program Development:** Assistance creating a high level, guiding approach to manage and reduce the risk associated with repetitive motion and other related injuries.
- **Data Management:** Data collection and digital tracking using mobile and cloud-based platforms.
- **Business Intelligence:** Design of client-specific digital dashboards of leading performance indicators and return on investment (ROI) calculations for ergonomics project improvements.
- **Integrated Micro-Break and Educational Software:** Keystroke and mouse-click counting software configuration and deployment to encourage breaks and provide pop-up education for selected workers.



Design

**Goal:** create more effective workspaces by providing guidance for your design, engineering, procurement, and facilities teams.

- **Develop Approved Products Lists:** Collaboration with your procurement team to ensure that furniture, equipment, and tooling purchased is designed for ergonomics and safety.
- **Furniture and Equipment Design Standards:** Partnering with your engineering and facilities team to ensure processes and equipment are designed to eliminate injury risk and optimize productivity, effectively lowering operational costs.
- **Training for Engineering, Procurement, and Designers:** Instruction on human factors and ergonomics design to identify and eliminate ergonomic risk factors before they enter the work environment. Ideal for manufacturing engineers and other individuals responsible for remodels, expansions, and start-ups.
- **Design Reviews:** Collaboration with your design teams to develop or review processes, tooling, and equipment; focused on meeting ergonomics design guidelines yielding lower ergonomic risks and maximizing efficiency of your systems.
- **Digital Human Modeling:** Advanced modeling techniques where both new and existing processes can be modeled (mocked-up) graphically and evaluated before changes are made using virtual humans in a Computer Aided Design (CAD) environment. Apex ergonomists can help your design teams evaluate changes digitally to determine impacts to ergonomics risk, usability, and effectiveness of proposed design or changes prior to committing resources and costs associated with implementation.



Training

**Goal:** improve workplace productivity and reduce injury risk.

- **Facilitated for General Workforce and Managers:** Ergonomics awareness classes via classroom or online.
- **Digital:** Off-the-shelf deployment or custom online module development for targeted populations; in full or abbreviated ("short form") i.e. two minutes or less.
- **Train the Trainer:** Empowerment of ergo teams, evaluators, and program administrators in office or industrial settings with courses regarding how to conduct evaluations, make recommendations, manage equipment, and establish an ergonomics program.
- **Body Mechanics and Postural Coaching:** Instruction and coaching either by observation or via motion capture accelerometers.
- **Safe Patient Handling:** Specialized ergonomics applied in healthcare settings to keep practitioners safe while moving patients, includes settings from hospitals to EMTs to home health.

## Supplemental Staffing



**Goal:** help optimize coverage and operational effectiveness by supplementing staff that can support short- and long-term goals.

We provide staffing solutions for ergonomics programs that can help you optimize coverage and operational effectiveness while meeting immediate needs and long-term goals.

- **Expertise and Qualifications:** Staffing solutions with the right level of experience and pricing, from staff consultants to industry-leading Certified Professional Ergonomists (CPEs).
- **Flexible Level of Support:** The right number of people and hours to provide the assistance you need, from a few hours weekly to multiple full-time onsite ergonomists.
- **Multidisciplinary Experts:** We have Physical Therapists, Occupational Therapists, Athletic Trainers, Certified Industrial Ergonomists (CIEs), and Certified Professional Ergonomists (CPEs) ready to assist.

## Ancillary Services



**Goal:** support solutions that work for your organization and needs.

We augment our solutions with specialized services to meet your needs.

- **Stretching Programs:** Targeted stretching techniques geared to specific muscle groups based on job tasks and individual worker needs.
- **Job Rotation:** Program evaluation and development designed to optimally interchange/rotate workers to reduce repetitive motion and protect workers from overuse injuries.
- **Participatory Ergonomics:** Active worker involvement in the ergonomic development and implementation process to improve productivity and reduce risks of injury.

<sup>1</sup> Source: 2016 Liberty Mutual Workplace Safety Index

<sup>2</sup> Source: Bureau of Labor Statistics

<sup>3</sup> Source: <https://www.btod.com/blog/2016/12/02/how-proper-ergonomics-in-the-workplace-reduces-employers-cost>