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# ERGO SUCCESS STORIES

## Saving Resources – Time, Money, Health

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**A Bakery** modified its tools, formed a labor-management committee, improved work practices and redesigned its workstations.

- **Result: Absenteeism related to carpal tunnel syndrome decreased from 731 lost workdays to 8 lost workdays.**

**A Nursing Home** set up a mandatory “no single person lift” policy. The employer purchased mechanical lift equipment to be used in all resident transfers.

- **Results: Cut lost workdays by 80 percent.**

**An Oil Refinery** added platforms to make access to valves easier, installed hoists over work tables to eliminate lifting and bending, bought adjustable height carts and conducted back injury training.

- **Results: Injury rates dropped by 90 percent.**

**An Office Furniture Manufacturer** changed small-assembly workstations to eliminate twisting and bending during lifting. To package different-sized file cabinets, he installed scissor lifts.

- **Results: Back injuries cut by 50 percent.**

**A Mattress Manufacturer** introduced hand trucks and lift systems to help in manual handling. Also performed a job hazard analysis, involving employees in identifying problem areas and solutions.

- **Results: 53.5 percent reduction in workers' compensation reports in 1 year.**

**A Pulp and Paper Mill Company** conducted training sessions covering hazardous postures at the workplace and taught strengthening exercises and fitness initiatives. The employer provided padded bolt cutter handles for workers and better lifting devices. The company also reduced the amount of weight per bale.

- **Results: A 6-month followup found no wrist and elbow problems.**

**A Shoe/Luggage Manufacturing Company** created a comprehensive ergonomics program including worker participation, job analysis and control of exposure to risk factors. The company installed adjustable workstations, new jig fixtures to hold work pieces at correct angles and anti-skid surfaces on tools.

- **Results: Back and upper extremity disorders reduced by 79 percent.**

**A Computer Manufacturer** added mandatory ergonomics training classes for high risk groups, created an “ERGO Hotline” to schedule evaluations and report problems, purchased new office sit-stand workstations and attached a wider, adjustable keyboard and mouse platform to desks.

- **Results: 41-percent drop in upper limb disorders.**

**A Copying Machine Control Assembly Company** replaced its standard work benches with an adjustable stand designed to take the weight of the part being assembled.

- **Results: MSD rate declined by 50 percent.**