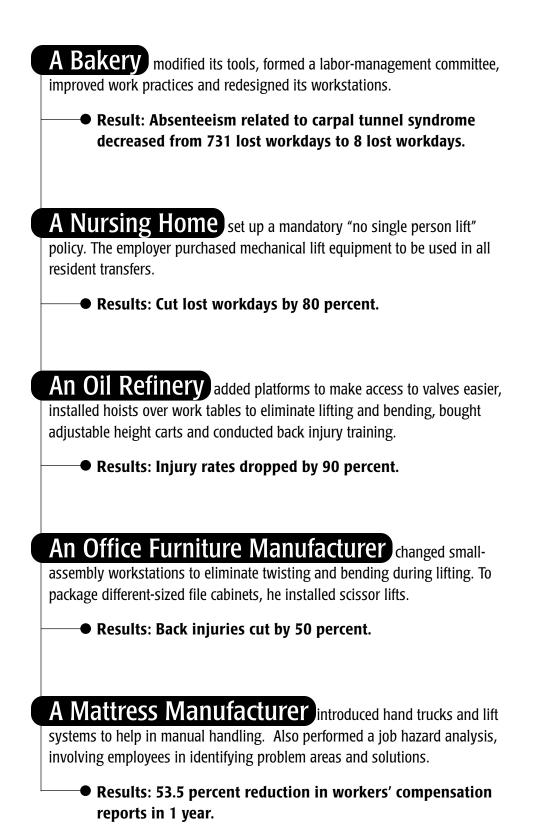
ERGO SUCCESS STORIES Saving Resources – Time, Money, Health



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.