



Why Is An Ergonomic Check Necessary?

Think of the work spaces you have for your employees. Has consideration been given to ergonomic design? Ergonomics is an applied science concerned with designing and arranging things people use so that the people and things interact most efficiently and safely. It plays an important role in employee health, often be ignored until a musculoskeletal disorder is discovered.

To properly perform an ergonomic assessment for your company, you must be qualified. There are many different ways to do so, including conference and seminars for certification. However, Fort HealthCare's certified staff can provide ergonomic assessments at any time.

An Ergonomic Risk Assessment will identify what areas to improve. A common example of the injuries ergonomics assessments can prevent includes Carpal Tunnel Syndrome. An ergonomic assessment will provide these, and many other, tips for CTS prevention:

- When sitting at a desk, in a chair, bend knees so feet flat on the floor.
- Keyboard and writing utensils should be close enough to prevent stretching to reach.
- Computer screens should be positioned directly at eye level in front of the user, not off to the side or turned. It should be 12-24 inches from the user.
- Any tools that you use should be in reach. The more you twist, bend or move your body, the greater risk of injury.

Further, there are special tools or pieces of equipment that can be used in the workplace to assist in creating ergonomic work stations.

For assistance in performing an ergonomic assessment for your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5018 or Sharon.Rateike@forthc.com.

