

Today, more than ever, businesses want to increase **productivity**—and in many ways they are succeeding. Using technologies such as computers, cell phones, and the Internet, businesses are producing more goods and services more cheaply than ever before.

Savvy corporate leaders understand that new technologies often pay for themselves several times over. What many of them don't recognize, however, is that unless their employees' *jobs* and *work environments* are conducive to efficient **performance**, some of the money spent on new technologies may go to waste.


By conducting an ergonomic evaluation of their worksites, business leaders can determine whether their employees are working as efficiently as possible. Recommendations as simple as raising the height of computer monitors to improve workers' postures or adjusting the height of chairs to alleviate back discomfort can enhance employee **morale** and increase performance.



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Productivity

What is ergonomics? Simply put, it is the science of improving the “fit” between people, their work environments, and the tasks they are performing. Ergonomics encompasses a wide range of disciplines, including physical activities (lifting and stacking boxes or typing on a computer keyboard), cognitive processes (making decisions), and organizational systems (developing office policies and procedures).

Most workplace ergonomics programs focus on physical factors, and with good reason. Numerous studies have demonstrated strong associations between work-related physical factors (such as the repeated use of certain muscles in the neck, wrists, and back) and musculoskeletal disorders, or MSDs. At best, these injuries and illnesses cause employees to work more slowly, thereby eroding productivity; at worst, they result in missed workdays, increased workers' compensation claims, and higher health care costs.



Each year, musculoskeletal disorders cost the U.S. economy between \$13 billion and \$20 billion in health care costs, workers' compensation claims, and lost productivity.

Source: National Institute on Occupational Safety and Health, U.S. Centers for Disease Control and Prevention

Performance

Many people assume that only workers engaged in manual labor are at risk of developing MSDs; in fact, nearly all occupations can benefit from ergonomic services. Depending on the industry and the type of work performed, the payback from such services can be significant. Academic studies have suggested results of 25 to 50 percent annually, though some employers claim to have realized returns of 10:1 or more.



A move to a new office or worksite presents an ideal opportunity to conduct an ergonomic assessment of your business, but *when* an evaluation is performed is less important than *how* and *by whom*. Only trained professionals who specialize in the prevention and treatment of musculoskeletal disorders, can accurately assess whether any work factors are posing risks to your employees, even those who appear to be healthy and productive.

Ergo Concepts offers three levels of ergonomic evaluations for businesses seeking to work smarter and enhance performance. We also lead seminars for managers about the role and value of an office ergonomics program, and we teach employees ergonomic exercises to help them avoid muscle strains and other MSDs. We provide consultation on purchasing ergonomic furniture and modifying workstations, help architects design workspaces, and advise businesses on meeting the requirements of the Americans With Disabilities Act (ADA).

Morale

Above all, Ergo Concepts strives to provide businesses with the tools to effect a lasting change in the way they conceptualize, organize, and perform work. Whether by conducting employee focus groups, distributing information at health fairs, or teaching simple workplace exercises to prevent muscle fatigue, our goal is to empower workers to apply ergonomic principles to their jobs and encourage managers to incorporate ergonomic considerations into their strategic and business planning.

Employers who hire us tell us our approach is paying off for them. They say their employees miss fewer workdays and file fewer health care claims. They also report improved worker morale and efficiency and better product and service quality.

Don't make your employees work harder; instead, help them work smarter, safer, and more productively. Call Ergo Concepts today to schedule an ergonomic evaluation for your worksite. We offer a variety of services to fit your needs—and help your employees “fit” their work.

“Ergo Concepts has been professional and a great resource for ergonomics. Our associates benefit from the immediate feedback or suggestions they receive during an ergonomic review, and the written reports from Ergo Concepts provide the guidance needed to implement the ideas or solutions.”

*Catherine Quinn, RN, B.S.N.
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