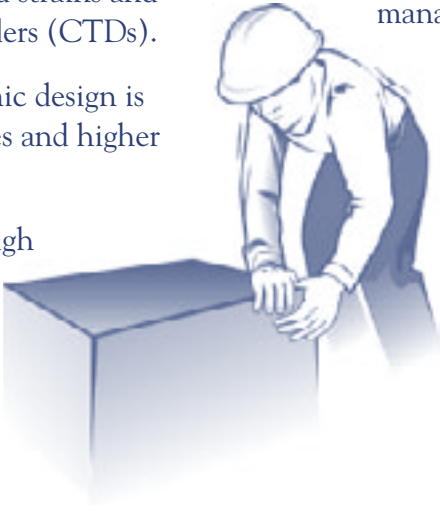


What is ergonomics? Why should employers be concerned?

Ergonomics is a way of designing workstations, work practices, and work flow to accommodate the capabilities of workers. Ergonomic design reduces risk factors known to contribute to occupational injuries and illnesses, such as sprains and strains and cumulative-trauma disorders (CTDs).

In many studies, ergonomic design is related to lower error rates and higher productivity and quality.

The increased rate and high cost of ergonomic injuries and illnesses such as carpal-tunnel syndrome, tendonitis, and musculoskeletal disorders cut across all industries and occupations. Some of the hardest hit are manufacturing, retail, and service industries. The direct cost of an ergonomics-related workers' compensation claim averages more than \$8,000. Preventing and controlling ergonomic risk factors in the workplace often costs a fraction of what one such claim would cost. In smaller companies, one ergonomics-related claim can mean the difference between being above or below the profit margin. Federal OSHA is in the process of adopting rules that will require employers with high rates of ergonomic injuries and illnesses to take action.



What can an Oregon OSHA ergonomics consultation do for my company?

Oregon OSHA consultants work with you to provide cost-effective recommendations. They recognize that no two companies are alike and help you make changes that fit into your existing management programs and work practices.

An ergonomics consultation may include the following:

- Workstation analysis and design
- Task-specific and company-wide risk-factor assessment
- Training and education
- Development and implementation assistance for ergonomics programs based on federal ergonomics guidelines
- Help prioritizing ergonomics needs
- Answers to questions about regulatory requirements

What will these services cost?

There are no out-of-pocket costs to Oregon employers for Oregon OSHA's consultative services. They're paid for through the assessment that all Oregon employers pay to the workers' compensation fund.

Who provides these services?

Oregon OSHA's Consultative Services Section has a team of professional ergonomics consultants with many years of experience providing ergonomics services to industries such as electronics, pulp and paper, secondary wood products, retail grocery, food processing, health-care and public transportation. Our ergonomics consultants also have worked with school districts, in office environments, and with city and state governments.



Ergonomics consultation services are confidential and separate from OR-OSHA enforcement. The purpose of ergonomics consultation is to help your company reduce its potential for work-related injuries and illnesses and their costs.

Request a no-cost ergonomic consultation by calling the OR-OSHA office nearest you:

OSHA Directory of Offices Consultative Services

(All phone numbers are voice and TTY)

Salem Central (503) 378-3272

Salem Field Office (503) 373-7819

Portland (503) 229-6193

Eugene (541) 686-7913

Bend (541) 388-6068

Medford (541) 776-6016/6017

www.orosha.org

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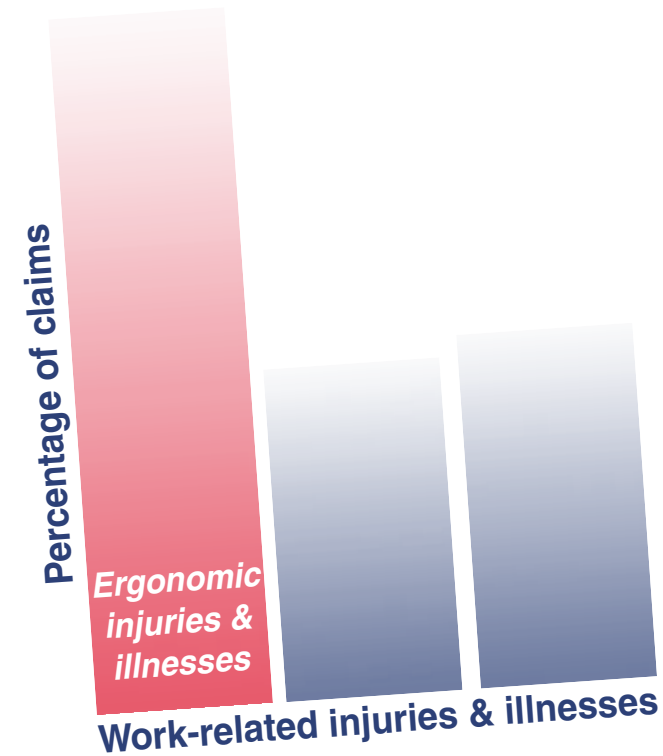
Call the public relations manager,
(503) 378-3272 (V/TTY).

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Oregon OSHA
350 Winter St. NE, Rm. 430
Salem, OR 97301-3882



Ergonomics:



***Can you
afford not
to act?***



Oregon Occupational
Safety & Health
Division (OR-OSHA)