



---

## **Ergonomics Program**

The problems operators typically get consists of a series of tiny injuries to nerves, muscles, tendons, ligaments or joints which add up over months or even years, the so called "cumulative trauma disorders." If not addressed when symptoms first appear, these ergonomic injuries can cause permanent disability. Some of the names of the specific injuries that most affect employees are carpal tunnel syndrome; tendonitis of the arm, wrist or hand; neck tension syndrome; back problems and eyestrain.

According to federal and state OSHA regulations, the following steps will give your company the competitive edge, by maximizing efficiency, increasing productivity and enhancing product and service quality. A well-implemented ergonomics program can do all of this and reduce workplace injuries and workers compensation costs.

The following is what ECR will do for you:

Step One: Evaluate the Work and Workstation –

- Implement problem reporting procedures
- Lighting and Glare
- Workstation seating
- Work Surfaces
- Work Practices
- Workstation accessories

Step Two: Written Program and documentation

Step Three: Employee awareness training

Contact us today for a quote or for more information.