

Social and Economic Benefits of Ergonomic Practices

Background - RSI Day

- Held on February 29th – the only non repetitive day of the year! (February 28th will have to do this year)
- Goal – To raise awareness of the work-related link for MSDs, and to promote the need for legislation to protect workers,
- Observed in several different countries
- Founder – Catherine Fenech – A Canadian Injured worker



Overview



- A definition of WMSD
(work-related musculoskeletal disorder)
- Basics of Ergonomics
- Benefits of Sound Ergonomic Principles
- OHCOW Services – How we can help you!



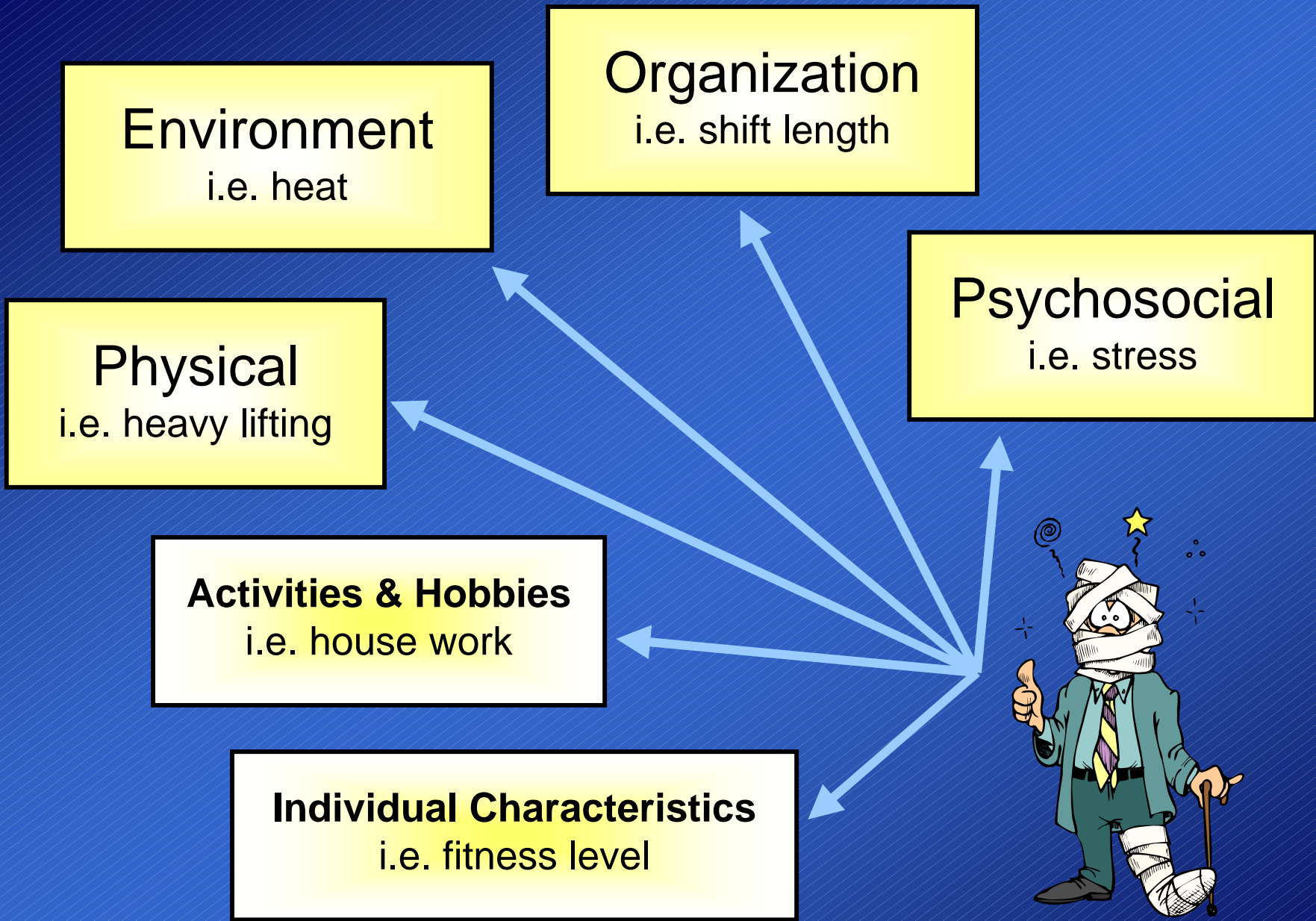
Work-related MSD

Work-related musculoskeletal disorders are injuries and disorders of the musculoskeletal system* where exposure to various risk factors* present in the workplace may have either **contributed to the disorders' development**, or **aggravated a pre-existing condition**.



(as defined by the OHSCO MSD Strategy Development sub-committee, March 2005)





Some Injury Risk Factors

Force

- high level exertions, static exertions

Repetition

- frequency, duration, recovery time

Posture

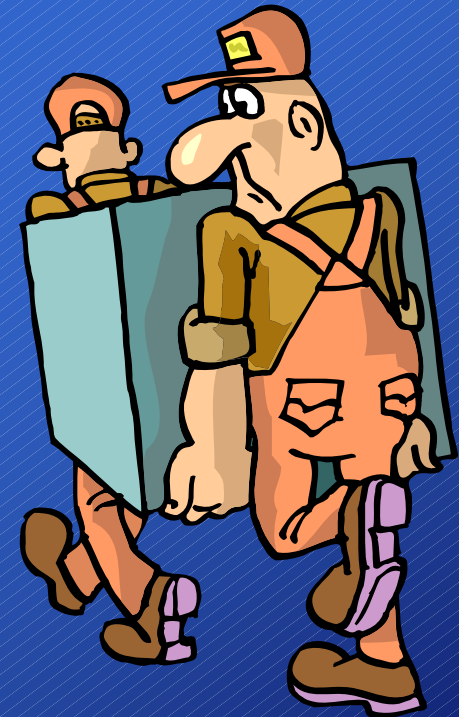
- awkward (e.g. above shoulder ht), static

Vibration

- whole-body, hand-arm

Contact Stress

- static, impact



Extent of the Problem in Ontario

On average, work-related musculoskeletal disorders account for approximately one half of all workers compensation costs. Between 1999 and 2003 MSDs accounted for:

- more than 41% of all claims and
- More than 46% of all benefit claim costs



Ergonomics – What does it all mean?

It is a science which focuses on the:

- 1) safety,
- 2) health & comfort,
- 3) efficiency of the workers!

GOAL:

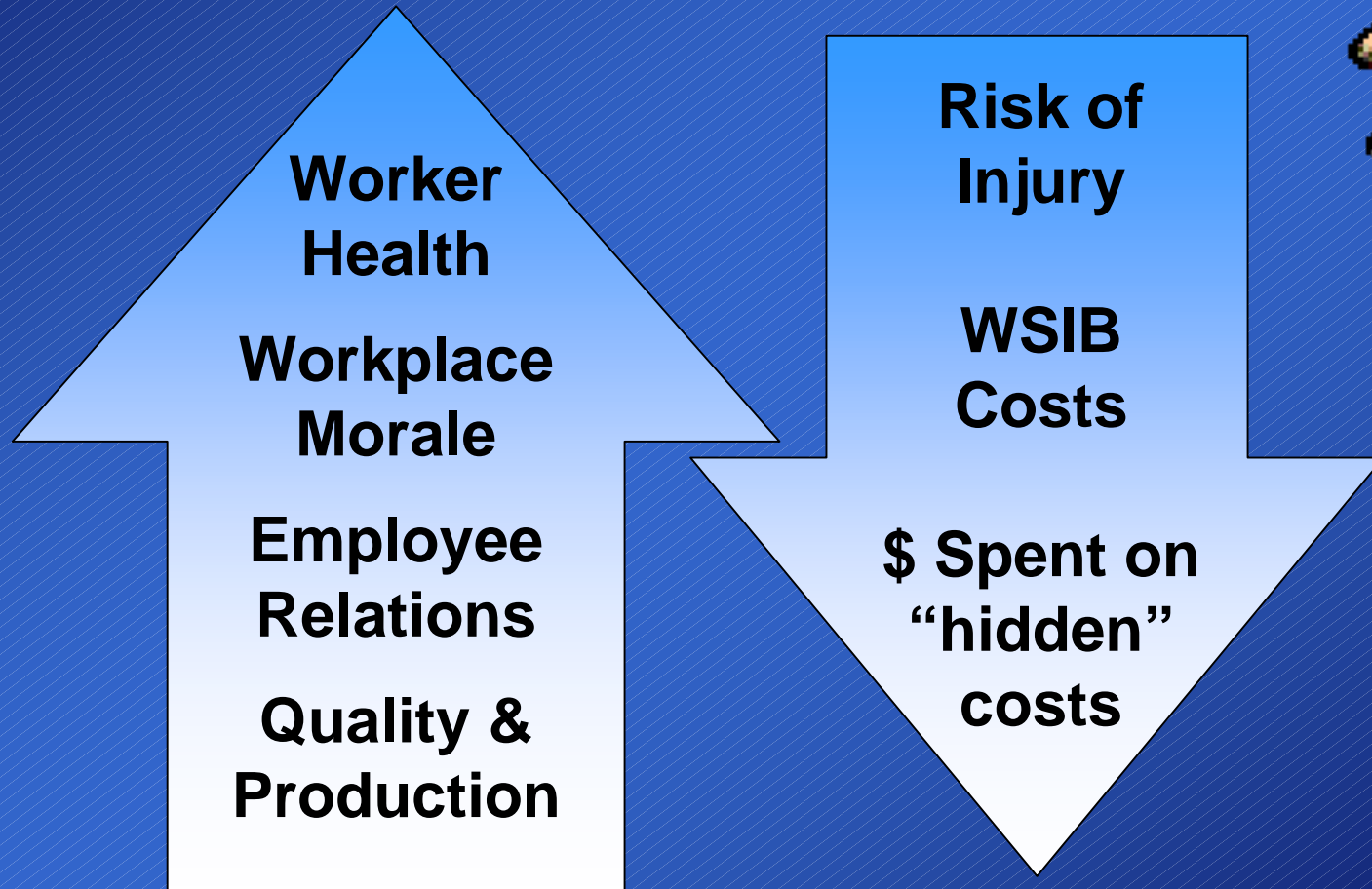
Fit the Job to the Worker

NOT TO

Fit the Worker to the Job

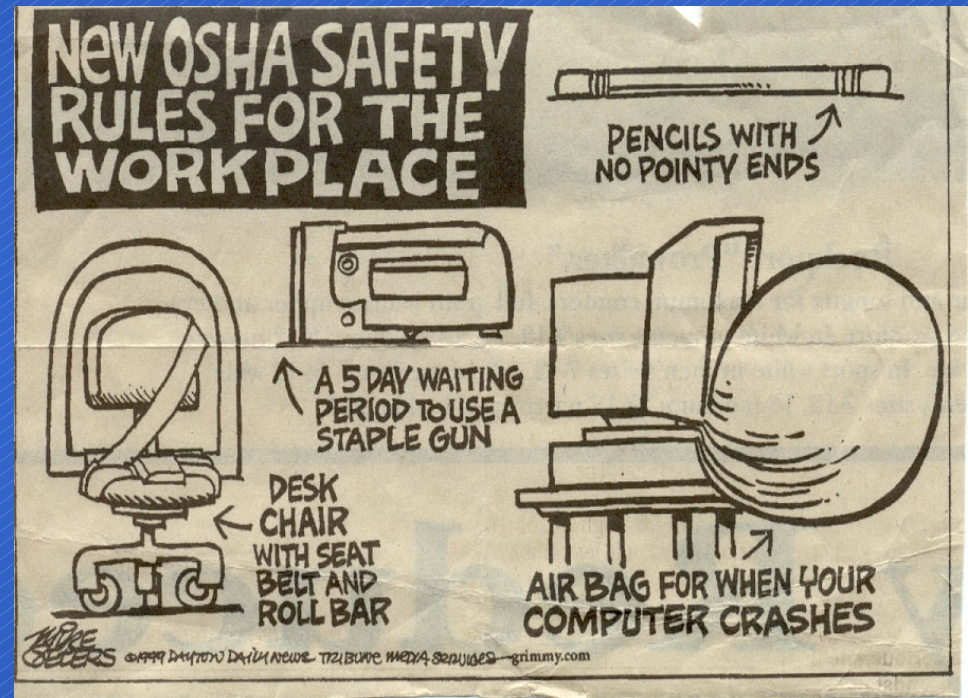


Benefits of Ergonomic Interventions



Ergo - Phobia

Barbara Wright, an American ergonomist stated that “managers often fear **complicated/costly** ergo programs, which they view as overkill & comfort issues”





FIRST STEP



Understand where your management is coming from so that you can speak their language!

What motivates them:

- Money,
- Happy workers,
- Quality



Financial Cost to Ontario

“International estimates place the economic cost of work-related injury and disease in the range of 3-4 per cent of GDP. In Ontario, this represents \$15-20 billion in preventable disability and economic burden.”

And approximately half of the costs are contributed to WMSDs = **7.5 to 10 billion**



Referenced: IWH 2004 Annual Report



Show me the MONEY!!!

The annual cost of implementing an ergonomics standard into all sectors in the US is estimated to cost:

- \$4.5 billion USD or \$250.00 per workstation

BUT

It is estimated that this will resulting in a savings of:

- \$9.1 billion USD or
- \$27, 000 for each work-related MSD

*Referenced From: IWH 2004 Annual Report - Barbara Silverstein, Research Director from SHARP
(Safety & Health Assessment & Research for Prevention)*



More Importantly

OSHA estimates that an ergonomic standard would prevent at least **4.6 million WMSDs in ten years.**

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Barbara Silverstein, Research Director from
SHARP (Safety & Health Assessment & Research
for Prevention)*



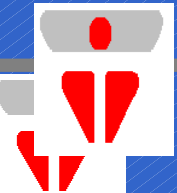
A Case Study!

**Worker Testimonial
of OHCOW services &
Benefits of ERGONOMICS**

Occupational Health Clinics for Ontario Workers



Windsor, Sarnia, Hamilton, Toronto, Sudbury
(Hamilton Clinic) February 16, 2006



OHCOW

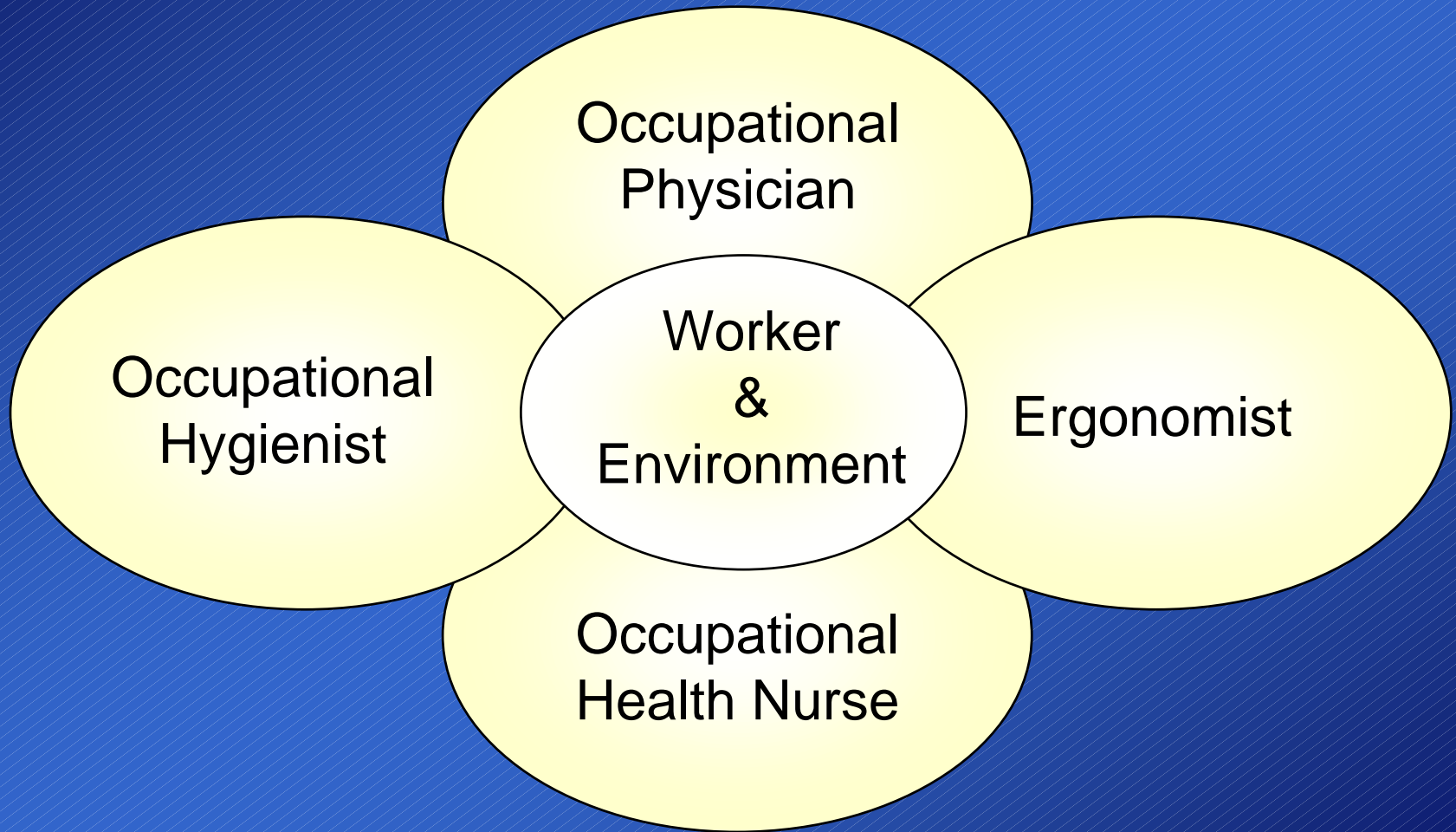
- Founded in the late 1980's
- Funded by WSIB Prevention Services
- Board of Directors from Labour, Company, WSIB, and Research backgrounds

Mandate:

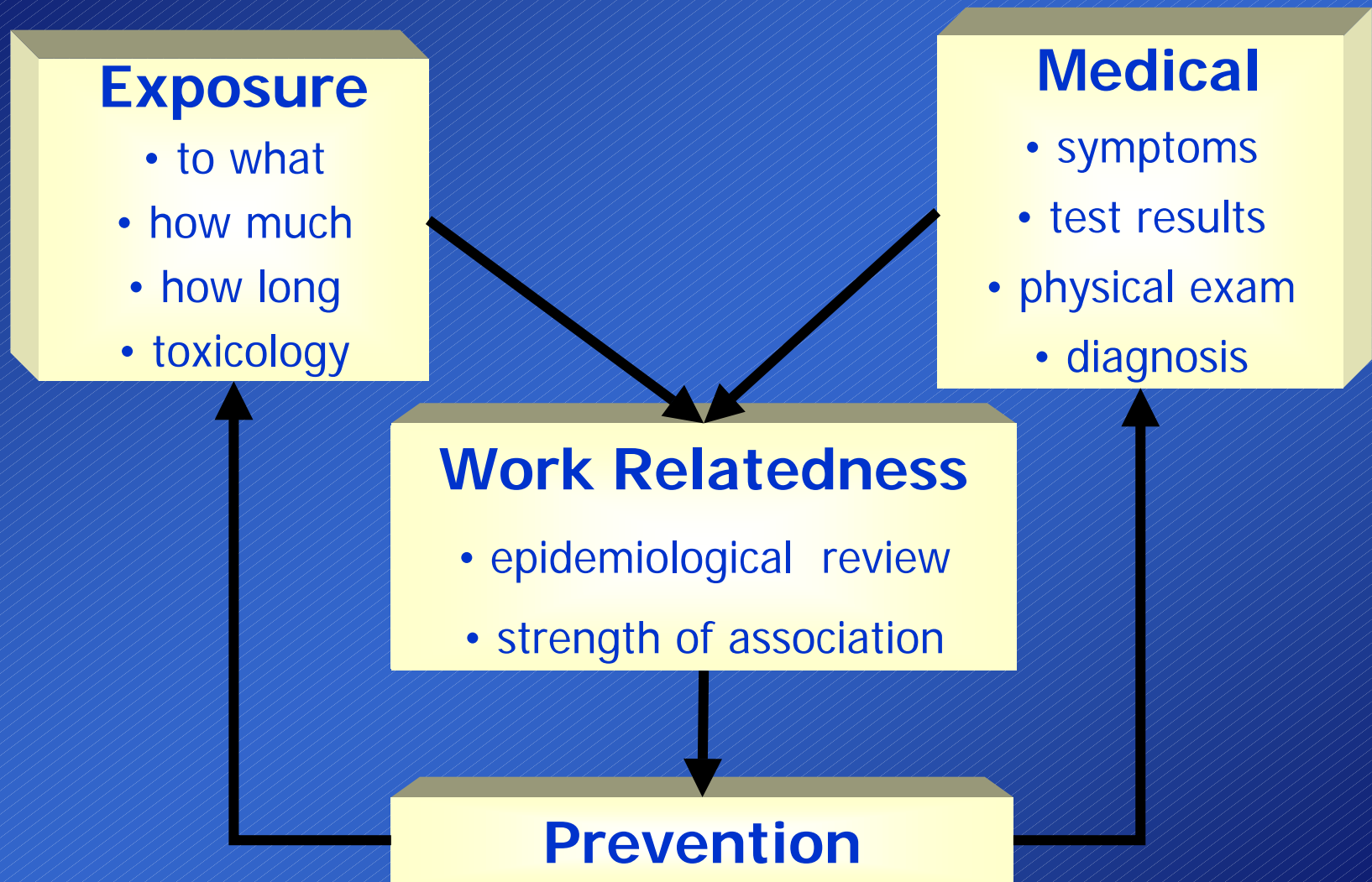
1. Prevent occupational illnesses and injury, and to
2. Promote the highest degree of physical, mental and social well-being of all workers



Interdisciplinary Team



What OHCOW does:



Clinic Services

- 1) Individual Clients
- 2) Groups
- 3) Inquiries
- 4) Education / Outreach
- 5) Research



Contact Information

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