# **Ergonomic Support**

# Preventative. Productive. Efficient.



Proper ergonomics is essential to preventing workplace injuries, particularly in preventing repetitive motion injuries that may lead to long-term disability.

Our ergonomics program is built on our commitment to health and injury prevention. A panel of ergonomic specialists is available to provide onsite preventative or post-injury ergonomic assessments and job analyses.

We also offer virtual and in-person ergonomics classes tailored to the training needs of each employer's workplace.

#### **Ergonomic Assessments**

- Preventative and post-injury evaluations
- Integration with safety plans and programs
- · Hands-on assessments
- Workstation adjustments
- Detailed report with specific recommendations

## **Ergonomic Training**

- Reduced risk of injury
- Employee empowerment
- Customized programs
- Key topics include: office & remote workstations, laboratory, industrial, warehouse, safe lifting, and stretching for prevention

#### Job Analysis

- Objective, third party assessments of job functions
- Evaluations of the job's physical demands
- Instrumental in facilitating return to work

### **DIFFERENTIATORS**

- Customized, On-site or virtual evaluations, recommendations, and training
- Detailed job and function analysis on the whole person and environment to provide safe working environments and injury prevention
- Post-injury assessments to ensure a safe return to work
- Thorough and swift professional reporting, including detailed imagery
- Experienced and educated team of Ergo Specialists who seek creative solutions for the best outcomes with a wide array of specialty backgrounds including, but not limited to; athletic trainers, chiropractors, entertainment/production, movement, and industrial specialties

Learn more: ekhealth.com/ergo



