

# How to Save Millions in Claims Through Ergonomics and Injury Prevention



Teleconference • September 14, 2010 • 1:00 PM – 2:30 PM EST

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Presented by:

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*Worksite International, Inc.*

- Founder, president and CEO of Worksite International, Inc.
- Certified industrial ergonomist and an ergonomics program education specialist through the Oxford Research Institute
- Certified disability analyst through the American Board of Disability Analysts while maintaining a physical therapy license
- Certified management consultant through the Institute for Management Consultants
- Board certified professional ergonomist through the BCPE and joins a limited group of professionals who are both a licensed physical therapist and CPE in the United States
- Author of *Your Guide to Developing an Ergonomics Process* published by CRC Press and *Your Guide to Office Ergonomic Furniture and Accessories*, which is self-published
- Ergonomics manager for the county of Monterey
- B.A. degree in biology and M.S. degree in physical therapy, Arcadia University
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We all know how to do our jobs, but no one has ever taught us how to work “safely.” While there have been attempts to federally regulate ergonomics, these have failed in all but one state, California, which has the only active OSHA regulation to protect workers from repetitive motion injuries. With this in mind, employers are encouraged to voluntarily support an active ergonomics process within their workplace to prevent and manage injuries more effectively. Contrary to popular belief, injury prevention and safety is not common sense. In order to be common sense, the issues must be commonly taught and commonly practiced. Unfortunately, ergonomics and injury prevention are not commonly taught or practiced; as a result, your employees, whether in the office setting or in an industrial setting, are susceptible to repetitive motion injuries simply as a result of the nature of the work that they perform.

This teleconference will provide you with a basic understanding of the theory of ergonomics and what the five most common workplace risk factors is that impact all jobs. Awareness of early signs and symptoms, and how to encourage early reporting is essential in an effective ergonomics process that works to prevent the onset of injuries leading to workers' compensation claims and rising costs. The teleconference also explains the benefits of using an ergonomics process to prevent injuries and the multiple strategies available to launch your ergonomics process to effectively drive down claims and costs. From engaging upper management and employees, to holding supervisors and employees accountable, to educating and training your work force and enhancing the workplace environment through the implementation of ergonomic furniture and accessories. This teleconference will also provide a fundamental overview of why you should request an ergonomic analysis as an essential tool in managing medical-only and indemnity workers' compensation claims, what to expect from an ergonomic work site analysis, who should deliver the service and your responsibility in implementing the recommended strategies.

## AGENDA

### Ergonomics: Is It the Law?

### What Are Repetitive Motion Injuries and How Do They Relate to Ergonomics?

- Repetitive Motion Injuries and Cumulative Trauma Disorders
- Signs and Symptoms
- Definition of Ergonomics
- The Five Primary Ergonomic Risk Factors
- Secondary Factors That Contribute to Claims
- Procrastination Costs: The Financial Toll of RMIs

### Establishing a “Lean” Ergonomics Process for Injury Prevention and Management

- Make It Participatory

- Building in Accountability
- Pay Now or Pay Later
- The Three Levels of Ergonomic Work Site Analysis
- Quality Control Measures for Best Results: The Importance of Time Management, Good Vendors and Products

### Successful Outcomes of an Ergonomics Process: A Significant Case Study

### Best Practices in Ergonomics to Save Millions in Claims

### Questions and Answers

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## Teleconference Tuition (Includes Free Manual With Attendance)

- Yes! I would like to attend.** (\$199 per person)  
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(\$268 per package [\$199] plus CD recording [\$69\*] of this seminar)

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#### GENERAL INFORMATION:

- This teleconference may be recorded by Lorman.
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### Who Will Be There?

This teleconference is designed for Human resource managers, benefits professionals, personnel managers, safety directors, risk managers, business owners and managers, insurance claims representatives, rehabilitation professionals and attorneys.

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